



Beating Arthritis: Alternative Cooking

Baker Dan

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This book grapples with a basic question: How do you enjoy every meal even when you have food restrictions? Baker Dan's stance is "Don't Panic!" There is a lot that you can do with a shorter ingredient list. In his debut cookbook, *Beating Arthritis: Alternative Cooking*, Baker Dan describes his method of reducing and preventing inflammation through self-study and medically supervised diet-change. The recipes are gluten-free, dairy-free, with no added sugar or fat. Baker Dan specializes in alternative cooking and baking. In 2006 he formed Baker Dan, LLC. He lives with his family in Manhattan and Warrensburg, NY.

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