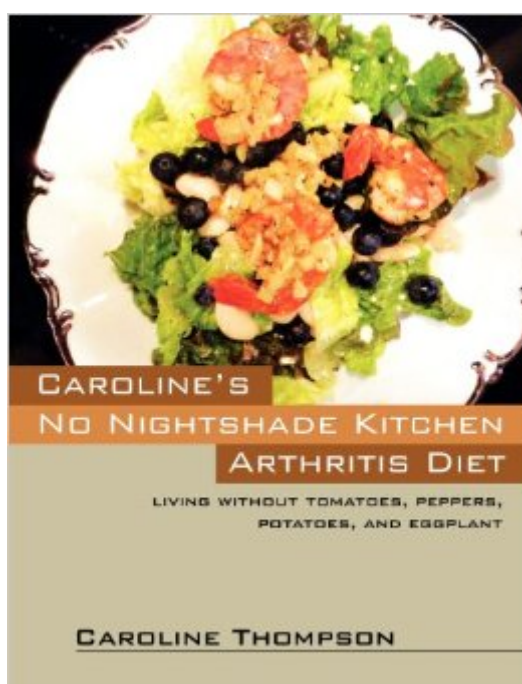


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# Caroline's No Nightshade Kitchen: Arthritis Diet - Living Without Tomatoes, Peppers, Potatoes, And Eggplant!



## Synopsis

Caroline's No Nightshade Kitchen: Arthritis Diet Living without Tomatoes, Peppers, Potatoes, and Eggplant! Caroline's No Nightshade Kitchen: Arthritis Diet is a book about finding relief from the pain and inflammation of arthritis when every other treatment and prescription failed. The following excerpts from my cookbook explain how arthritis suddenly changed my life, and how I'm changing it back with delicious foods and a life that is pain free. My simple story and fourteen year history

In 1998, I began to notice pain and swelling in the knuckles of my hands. The discomfort was sudden and became severe. I'm an abstract oil painter, and was concerned that I would lose my ability to paint. It became apparent that not only would I be unable to paint, but there were other things I could no longer do well. I was frightened and there seemed to be no end to the misery. It never occurred to me that the inflammation I was experiencing in my hands could be related to the hot chili peppers and tomatoes I ate almost every day. During the next three years, I went to many doctors who administered every arthritis prescription available at the time, but the medications actually made the pain worse. I spent thousands of dollars trying to find an answer that would give me relief, but my discomfort only increased. I felt hopeless and desperate as the pain intensified and the disfiguration of my hands worsened. In 2001, I was visiting a friend who is very knowledgeable about numerous types of alternative healthcare. She noticed my bright red hands and asked if I knew anything about nightshades and arthritis. She explained that nightshade plants (tomatoes, peppers, white potatoes, and eggplant) had been proven to affect some people severely who have arthritis. I thought she was crazy. I couldn't believe giving up many of the foods I enjoyed eating would make a difference. However, because the pain had been severe for three years, and I was truly desperate, I began the experiment my friend suggested the next day, but with little hope a dietary change would lessen my pain. I try to refrain from using the word miracle; but to be honest it was a miracle to me because the pain and swelling stopped completely in a few days. I was fortunate that improvement came quickly, and I'm grateful that my friend spoke up. My father, who was born with a deformity in his feet and ankles, also suffered from a type of arthritis. His diagnosis was vague, just as mine would be years later. The treatments and medications he was given did little to help eliminate his pain, which was often severe to the point that he couldn't walk. He died many years ago, but what if eliminating nightshades from his diet could have made a difference for him? I'm not a medical professional and I don't have all the answers. I wish it were as simple as taking a pill, but it's not. I only know what I've experienced and what others have shared with me. Caroline's No Nightshade Kitchen: Arthritis Diet is my story with nightshades. It's also my collection of savory recipes. Cooking and dining are opportunities for

pleasure, and they should not make you sick.

## Book Information

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## Customer Reviews

I just got this book and was surprised to find blueberries and artichokes recipes. You must be aware of pain causing plants. Many of the recipes look very good. The nightshade list:- artichokes- ashwagandha- cayenne pepper- eggplant (aubergine)- garden huckleberry and blueberries (contain the alkaloids that induce inflammation)- goji berries- gooseberries- ground cherries- okra- paprika- pepino melon- peppers (all varieties such as bell pepper, wax pepper, green and red peppers, chili peppers, cayenne, paprika, etc.)- potatoes (all varieties, NOT sweet potatoes or yams)- sorrel- the homeopathic "Belladonna"- tobacco- tomatillos (a plum-like fruit from Peru)- tomatoes (all varieties, including tomatillos)- Soy sauce made in the U.S. is generally made with genetically modified (GMO) soy beans, which are cut with the nightshade plant Petunia.- The condiments black/white pepper and pepper corns are not nightshades Other ingredients and products to avoid:- Homeopathic remedies containing Belladonna.- Prescription and over-the-counter medications containing potato starch as a filler (especially prevalent in sleeping and muscle relaxing medications).- Edible flowers: petunia, chalice vine, day jasmine, angel and devil's trumpets.- Atropine and Scopolamine, used in sleeping pills.- Topical medications for pain and inflammation containing capsicum (in cayenne pepper).- Many baking powders contain potato starch.- Don't lick envelopes, many adhesives contain potato starch.- Vodka (potatoes used in production) Read labels carefully because you could be doing everything else right, and still be sabotaged by one small

amount of an ingredient. Never by a food that uses the generic term of seasoning or spices as it is likely to contain nightshades. Sources for this article include:[...] Journal of Neurological and Orthopedic Medical Surgery (1993) 12:227-231. An Apparent Relation of Nightshades (Solanaceae) to Arthritis[...] Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation --- United States, 2007--2009 Potato glycoalkaloids adversely affect intestinal permeability and aggravate inflammatory bowel disease.[...] About the author: After sixteen years of struggling with MCS, Elisha has come out on the other side with a renewed zest for life and the desire to educate others about wholistic and healthy life choices. During that time she received the following degrees and designations, Doctor of Naturopathy, Master Herbalist, Diploma in Clinical Homeopathy, Bachelor of Science in Holistic Nutrition, Certified Wholistic Rejuvenist and EFT-ADV. You can visit her website at [...] Learn more: [...]

Okay, your hips do not swivel as they once did - right? The solution to those achy joints might be as simple as a change of diet, and as any dieter knows, you can't successfully give things up without incentive. Caroline's recipes are motivating because they are delicious. They keep you on the pathway to pain free living by replacing dishes you love with new, exciting foods that are visually and gastronomically tempting. Whoever thought pizza could be a guilty delight without tomatoes? It is now, along with many other favorites. If you are also gluten free, a number of the recipes in this beautiful book are gluten free too. Joint misery can surface from food sensitivities and intolerances that never tormented you until you were 40-something. You can always blame aging, or you can try something that has the potential to revolutionize your days - and nights.

There is a reviewer here that claims this book was "whiny, self-indulgent, not helpful" and another reviewer who claimed that we should "realize it is a lot of this lady telling about her experience." This is simply not true. The book is 247 pages and the recipes start on page 23 and end on page 227. There is plenty of material here! So why the two star review? The recipes are often hugely caloric and this author does not realize the insidious use of spices and potato starch in countless items that she uses in her recipes (paprika is in mustard, muenster cheese, mayonnaise, canned soups, and pickles; potato starch is in countless items ranging from soups, canned tunafish and, even more difficult to detect, potato starch can be an ingredient in cream cheeses, yogurts, sour cream, and a host of other items). How could someone purport to write a cookbook on A No Nightshade Kitchen and know less than I do? Overall the recipes were not that helpful to me. The search continues!

The recipes are good, but there are not very many. Also there are no pictures. It would have been more helpful if there were more basic dinner recipes. I will say the Moroccan Chicken Stew is amazing!

Before the publication of this book, meals were a choice between a bland meal and a meal with painful consequences. One of life's great pleasures is a savory meal, and this pleasure can exist without arthritic pain. Yes, fellow sufferers, there is life after nightshades. I've tried almost every recipe, and I am yet to be disappointed. My only complaint is that this book wasn't available 20 years ago. Many thanks, Caroline.

I'm allergic to bell peppers so this book has been a life saver. It is nice to have some safe recipes for me to have on hand. The summer salad is my FAVORITE. Make that ASAP. One thing I did not notice at first that needs attention is that these recipes serve 8 or more people. I did not pay attention to this with the first recipe I attempted and I ended up with 12 servings of stir fry. I live alone, you see the problem? I now know to cut the recipes in half.

I purchased this book for a friend who, at the young age of 39, began suffering from joint pain throughout his body and had been to every specialist in the area to no avail. I suggested that he look into altering his diet and came across this book at almost the exact same time. Within just weeks he wrote me to say that he was noticing considerable improvement and attributed this to the omission of certain items from his diet as outlined in this cookbook. His subsequent relief and positive comments compelled me to write this review and it is my sincere hope that others who might benefit from Mrs. Thompson's efforts have the good fortune of coming across this excellent collection of recipes. Neither my wife nor myself have any issues with nightshades but bought the book simply for the delicious sounding recipes and we absolutely love it!

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