



20 Tips for Cooking With Arthritis

When Melinda Winner, author of *A Complete Illustrated Guide to Cooking with Arthritis*, was first diagnosed with rheumatoid arthritis nearly 30 years ago, she was devastated. She gave up hope for any chance at a normal life, stopped taking care of herself, and gained 100 pounds. It was the realization of the negative impact her lifestyle was having on her three children that finally energized Winner to take back her life.

Her first step in getting back on track was to identify her physical challenges, accept them, and work around them. She then started doing light exercise, as well as finding tricks in the kitchen to make her cooking experience easier. She is now an accomplished author who has won 50 recipe contests and has been featured on the Food Network!

The following are Melinda's favorite tips for cooking with arthritis:

- Store baking ingredients, coffee, and tea in containers with lightweight lift-off lids on your countertop.
- To accomplish cutting and slicing, purchase an ergonomically designed knife with a large handle. This allows you to have leverage and stability, and use your body weight to maneuver the knife.
- Store your pots and pans on wall hooks or a pot hanger from the ceiling to eliminate unnecessary bending.
- When filling or emptying large pots of water, use a plant stand to transport the pot and a small plastic measuring cup to transfer the water.
- When you have a lot of prep work to do, sit at the table instead of standing.
- Purchase a rubber mat to stand on when you are cooking at the stove. The padding helps prevent back and leg pain.

Read the rest of her tips at www.arthritistoday.org.

Stopain® Summary—Along with using Stopain, light exercise and eating healthy is a recipe for success!