



# Patricia Raskin

## POSITIVE LIVING SHOW

The Patricia Raskin Show  
Monday at 11 AM Pacific  
**January 10th 2022: Stefania & Hilary: The Anti-Inflammatory Family Cookbook**

Stefania and Hilary will discuss their cookbook, The Anti-Inflammatory Family Cookbook, where Stefania and Hilary describe easy-to-use, medically accurate, and child-specific guidance for anti-inflammatory eating. They also explain the benefits of anti-inflammatory eating, and how to implement this type of eating. This cookbook includes 100 simple, easy, and tasty recipes that are straightforward to prepare and cover every development phase from infancy through adolescence. With great recipes for all meals, as well as snacks and special occasions, you'll always know what to make. These delicio

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### Featured Guests

Guest Image

#### Stefania Patinella

Chef Stefania Patinella has seventeen years of experience teaching nutrition and healthful cooking to diverse audiences, from children and families to health care professionals. She was also the Founding Director of the Go!Healthy cooking, nutrition education, and gardening programs at The Children's Aid Society.

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Guest Image

#### Hilary McClafferty

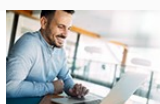
Hilary McClafferty, MD, FAAP, is board-certified in pediatrics, pediatric emergency medicine, and integrative medicine, and serves as the Medical Director for Pediatric Emergency Medicine at the Tucson Medical Center in Arizona and the Founding Director of the Pediatric Integrative Medicine in Residency program at the University of Arizona.

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