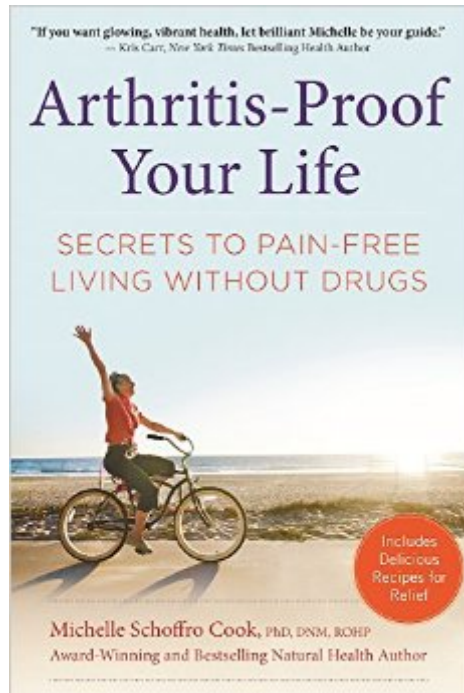


The book was found

Arthritis-Proof Your Life: Secrets To Pain-Free Living Without Drugs



Synopsis

REDUCE YOUR PAIN — HEAL YOUR JOINTS — LIVE THE LIFE YOU DESERVEAre you one of the 350 million people worldwide who has been diagnosed with osteoarthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia? In Arthritis-Proof Your Life, discover the bodily imbalances and lifestyle choices that are causing the inflammation and get rid of it.DR. MICHELLE SCHOFFRO COOK SHOWS YOU:• How to Eat to Beat Inflammation, Stiffness, and Discomfort• Dangers and Limitations of Common Arthritis Medications• New & Cutting-Edge Natural Treatments for Joint Disorders• Top Anti-Inflammatory and Anti-Pain Foods and Spices• Pain Reduction at Your Fingertips With Acupressure• The Gut-Arthritis Connection — and Why it Matters• Using Medical Aromatherapy to Feel Better Fast• How to Safely Boost Your Body's Innate Healing Capacity• Delicious Recipes to Relieve Pain and Heal Joints• And Much More

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Customer Reviews

This is a detailed, well researched study of natural sources for helping arthritis sufferers. It is very thorough, covering diet, herbs and vitamins, exercise, natural pain relieving methods, (i.e. acupuncture and more).After reading it on kindle I decided to purchase a hard copy to refer to some information more readily. So, I recommend this book to arthritis sufferers who want to stop taking medication and pain relievers that in the end do not cure, but even do even more damage to the body than the disease.

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