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Easing the Pain of Arthritis Naturally Everything You Need to Know to Combat Arthritis Safely and Effectively

By Earl Mindell

Basic Health Publications. Paperback. Condition: New. 171 pages. Dimensions: 8.8in. x 5.9in. x 0.4in. In the United States, arthritis sufferers number in the tens of millions. The chronic pain and joint inflammation they experience send them in droves to the drugstores and prescription counters in search of relief. Unfortunately, arthritis medications and painkillers offer only a temporary respite and, when taken excessively, can cause life-threatening side effects. Fortunately, there is a better way to combat joint inflammation and slow the progression of arthritis. In fact, the alternatives are many—from modifications to diet and miracle supplements, such as ginger extract, to regular exercise and hands-on therapies, such as therapeutic massage. In *Easing the Pain of Arthritis Naturally*, Dr. Earl Mindell presents safe, easy-to-use strategies to help readers achieve optimum health and relief from their discomfort. This book features arthritis-busting dietary recommendations to cleanse the body of toxins that contribute to joint diseases and it introduces superfoods for alleviating arthritis symptoms. Dr. Mindell also describes simple exercise for pain-free joints; highlights such herbal and supplemental remedies as glucosamine, MSM, curcumin, and ginger extract that show promise in reducing pain and inflammation; and covers hypnosis, acupuncture, and other alternative methods for coping with arthritis...



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