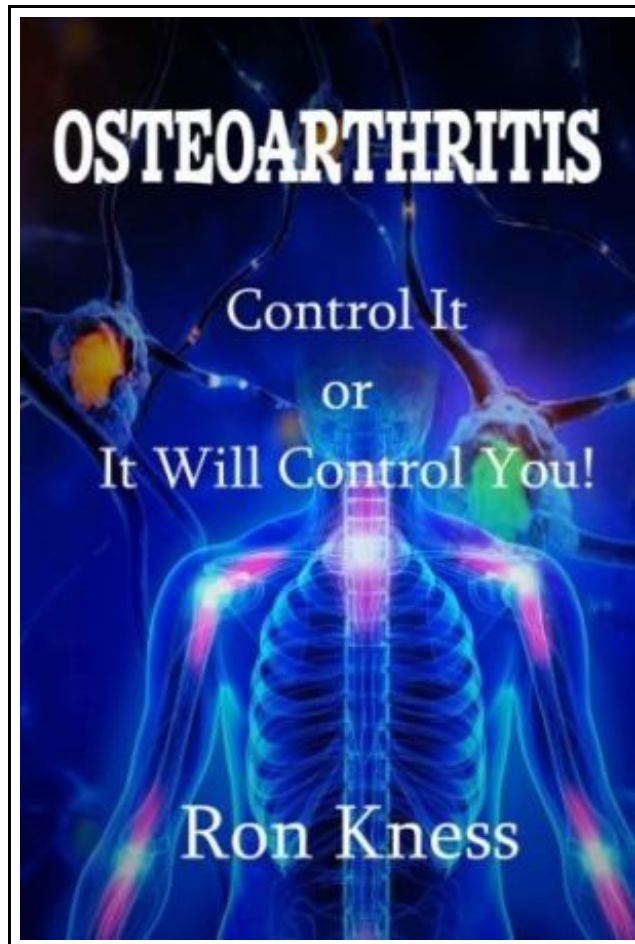


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you are an osteoarthritis sufferer, you want to know one thing and one thing only . How can I regain my independence and mobility, and stop the life-robbing and limiting pain that I experience every day? That s a fair question. You are a real person with real issues surrounding her arthritis. You can t do the things you did only a few years ago. Simply opening a jar, unpacking your groceries or playing with your grandchildren can be incredibly painful. It is your right as a human being to expect that you can get out of bed each morning and enjoy a full, pain-free, wonderful day of whatever activities you desire. That is why we have compiled a special book that once and for all gives you the tools to finally defeat arthritis pain. In this 42-page, book, you will discover: - This form of arthritis can strike at any time - during childhood, your teens, and from your 20s through your 80s. (Introduction) - The specific herbs and spices that fight arthritis pain quickly and naturally. (Chapter 11) - That inflammation is the enemy you need to attack, and how you can do that with specific healthy fats. (Chapter 7) - Everything you ever wanted to know about over-the-counter and prescribed arthritis medicines . the good and the bad. (Chapters 13 and 14) - Exactly how much aerobic exercise is needed by adults for optimal health (HINT: It s not as much as you think.) (Chapter 4) - What complementary and alternative (CAM) therapies you may want to try for OA treatment. (Some have been used for thousands of years to relieve arthritis pain.) (Chapter 10)...



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