



Strong Women and Men Beat Arthritis (Hardback)

By Miriam E Nelson Ph.D., Kristin Baker, Ronenn Roubenoff

Penguin Putnam Inc, United States, 2013. Hardback. Book Condition: New. Reprint. 224 x 152 mm. Language: English . Brand New Book. The New York Times bestselling author of Strong Women Eat Well and fellow Tufts University scientists present a simple plan that has been proven to reduce the pain and immobility caused by arthritis Strong Women and Men Beat Arthritis shows the direct connection between a strength-training program you can do at home and the reduction and even prevention of arthritis symptoms. No other research study using an exercise program has ever showed the results that the Tufts study achieved: a 43 reduction in pain, a 44 improvement in physical function, and a 71 improvement in strength. This book offers all the tools you need and more: . An exercise program designed specifically to protect the joints and relieve stiffness and soreness. A scientifically based eating plan to reduce inflammation and pain. A hands-on guide to the latest medications. The real story on complementary therapies which ones work? Which ones don't?



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