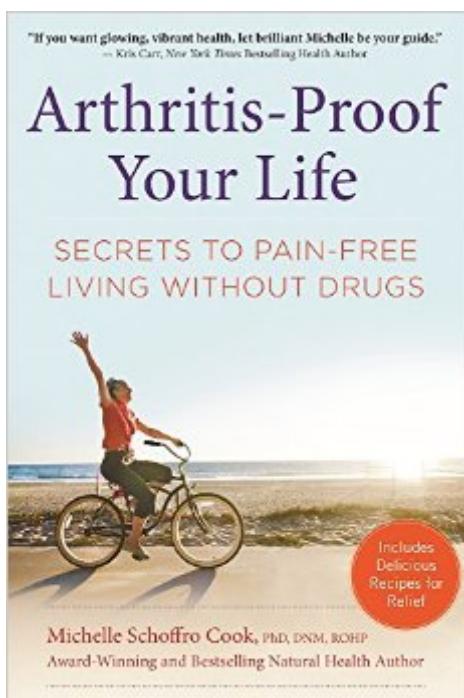


The book was found

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



## Synopsis

REDUCE YOUR PAIN &#151; HEAL YOUR JOINTS &#151; 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:&#149; How to Eat to Beat Inflammation, Stiffness, and Discomfort&#149; Dangers and Limitations of Common Arthritis Medications&#149; New & Cutting-Edge Natural Treatments for Joint Disorders&#149; Top Anti-Inflammatory and Anti-Pain Foods and Spices&#149; Pain Reduction at Your Fingertips With Acupressure&#149; The Gut-Arthritis Connection &#151; and Why it Matters&#149; Using Medical Aromatherapy to Feel Better Fast&#149; How to Safely Boost Your Body's Innate Healing Capacity&#149; Delicious Recipes to Relieve Pain and Heal Joints&#149; And Much More

## Book Information

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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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Arthritis-Proof Your Life: Secrets to Pain-Free Living Without Drugs Anti Inflammatory Diet: Anti Inflammatory Cookbook & Meal Plan - Weight Loss & Pain Management (Whole Food, Autoimmune, Low Carb Cookbook, Clean Eating, Arthritis, Thyroid, Hashimotos) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) DON'T BUMP MY LOCK!: How Bump Keys Work, and How To Make Your Home Bump Proof Home Defense: The Ultimate Prepper's Guide to Turn Your Home into a Disaster-Proof Fortress (Long-Term Survival) Proof of Angels: The Definitive Book on the Reality of Angels and the Surprising Role They Play in Each of Our Lives Making Marriage Work: A Step By Step Guide To Build A Strong, Divorce-Proof Marriage The Greatest Lie on Earth: Proof That Our World Is Not a Moving Globe The Golfer's Guide to a Bogey Proof Workout: 7 Essentials to a Great Golf Fitness Program CuraciÃ³n emocional / The Instinct to Heal: Curing Depression, Anxiety and Stress Without Drugs and Without Talk Therapy (Spanish Edition) Learn and Apply Pocketbook: Top 200 Drugs, Controlled Drugs, Medical Abbreviations in Less than 2 weeks Complete Guide to Prescription & Nonprescription Drugs 2016-2017 (Complete Guide to Prescription & Non-Prescription Drugs) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Anti-Inflammatory Diet: The Ultimate Beginners Guide to Eliminate Body Pain and Restore Your Overall Health By Eating Foods Designed For You (Anti-Inflammatory ... Pain Free, Anti-Inflammatory Recipes) Diabetes: How to Lower Blood Sugar Naturally Without Drugs in 4 Weeks: (Diabetes, Lower Blood Sugar, Zero Sugar, Natural Remedies) Tiny Houses : Beginners Guide: Tiny House Living On A Budget, Building Plans For A Tiny House, Enjoy Woodworking, Living Mortgage Free And Sustainably ... Design,construction,country living) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss No Grain, No Pain: A 30-Day Diet for Eliminating the Root Cause of Chronic Pain Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management

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