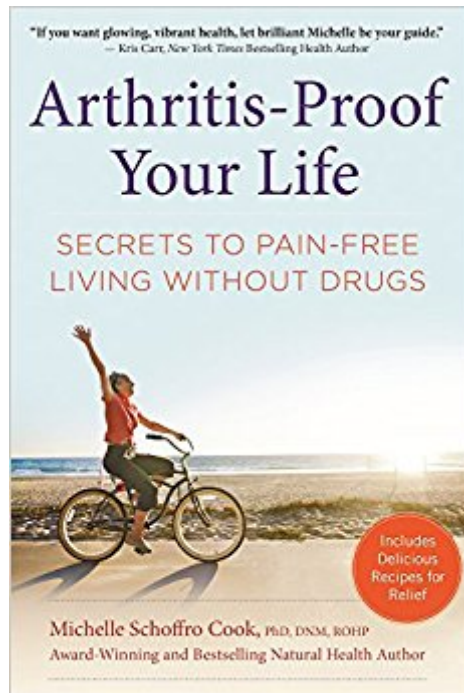




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Arthritis-Proof Your Life: Secrets To Pain-Free Living Without Drugs



Synopsis

REDUCE YOUR PAIN • HEAL YOUR JOINTS • LIVE THE LIFE YOU

DESERVE Are 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 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 "Dr. Cook's work is unique, empowering, informative, and guides us toward a healthy future." • MALLIKA CHOPRA, Founder of Intent.com

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Michelle Schoffro Cook, PhD, ROHP, holds advanced degrees in natural health and holistic nutrition

and has two decades experience in the field. She has written several books on health and wellness and has been featured in Woman's World, First for Women, The Huffington Post, and more. She is the publisher of the popular health e-newsletter World's Healthiest News and is a regular blogger for HealthySurvivalist.com, Care2.com, and WorldsHealthiestDiet.com and is the author of numerous bestsellers including 60 Seconds to Slim and The Ultimate pH Solution.

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.

This is a MUST HAVE read for anyone who has or has a loved one who has arthritis. It is easy to read, offers not just anti-inflammatory & pain help foods but also addresses what may be causing the auto-immune problem that translated into arthritis. Alternative techniques of accupressure and aroma therapy have worked wonders on my severe inflamed joints... I have begun to cut back on inflammation meds and don't need pain meds at all after 3 weeks of applying what I learned in this book.

A very enlightening book after dealing with the white coat drivel here take some Norco routine. Yes I get it when you have to. REFRESHING is the word I would use for this book.

Excellent content on living pain-free (or close to it). Lots of scientific backing included.

very informative

Excellent book.

This book gives us important and useful information.

great practical advice

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