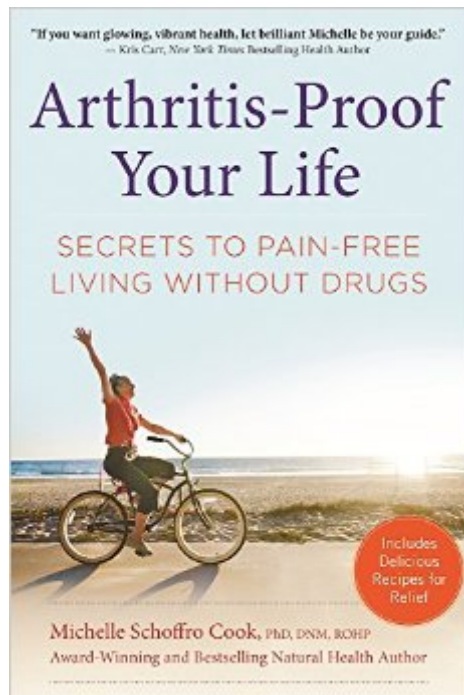


The book was found

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



Synopsis

REDUCE YOUR PAIN — HEAL YOUR JOINTS — 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:• 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• The Gut-Arthritis Connection — and Why it Matters• 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

Book Information

Hardcover: 256 pages

Publisher: Humanix Books (September 13, 2016)

Language: English

ISBN-10: 1630060623

ISBN-13: 978-1630060626

Product Dimensions: 6.1 x 0.6 x 9.1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #184,275 in Books (See Top 100 in Books) #88 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #117 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #168 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

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.

[Download to continue reading...](#)

Arthritis: Arthritis Relief for Osteoarthritis, Rheumatoid Arthritis, Gout, Psoriatic Arthritis, and Juvenile Arthritis. Follow The Arthritis Diet, Cure and Treatment Free Yourself From The Pain Arthritis-Proof Your Life: Secrets to Pain-Free Living Without Drugs Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs Pain Free for Life: The 6-Week Cure for Chronic Pain--Without Surgery or Drugs The New Arthritis Cure: Eliminate Arthritis and Fibromyalgia Pain Permanently The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free 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) Live Pain Free Without Drugs or Surgery: How to use Integrated Positional Therapy to eliminate chronic pain Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Free Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Feast Without Yeast: 4 Stages to Better Health : A Complete Guide to Implementing Yeast Free, Wheat (Gluten) Free and Milk (Casein) Free Living Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival)

[Dmca](#)