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A Doctor s Home Cure For Arthritis: The Bestselling, Proven Self Treatment Plan (Paperback)

By Giraud W. Campbell

HarperCollins Publishers, United Kingdom, 2002. Paperback. Condition: New. New edition. Language: English . Brand New Book. New, medically and nutritionally updated edition of the classic million-selling arthritis self-help book. This was the original diet that Marguerite Patten followed (author of our 2001 hit, Eat to Beat Arthritis). Without this book I would not be walking today Marguerite Patten, O.B.E. This book has cured arthritic pain for millions of people worldwide. It s also quite an old text now so we have responded to the requests of readers and sales reps suggestions by updating the book s medical and nutritional advice so that it s totally authoritative and also the recipes are more palatable for today s arthritis sufferer. Doctor s Home Cure for Arthritis is a seven day action plan designed to provide relief from arthritic pain - and in the longer term to heal arthritis. Based on dietary change, the programme eliminates many processed foods, (including caffeine and alcohol) and replaces these with foods of special benefit to arthritis sufferers. Now fully revised by respected Harvard nutritionist Jeannette Ewin Ph.D., the book contains totally updated: - New information on supplements, including glucosamine and fish oil.- Delicious new recipes -...



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.

-- Elinore Vandervort

If you need to add benefit, a must buy book. I could possibly comprehend every little thing out of this composed e pdf. I am quickly could get a enjoyment of looking at a composed book.

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