

## How to Eat Away Arthritis, Revised and Expanded (Paperback)

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## Reviews

It in a of the best book. Indeed, it really is play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book. (Sofia Yundt)

## HOW TO EAT AWAY ARTHRITIS, REVISED AND EXPANDED (PAPERBACK)



Pearson Education (US), United States, 1996. Paperback. Condition: New. 2nd edition. Language: English . Brand New Book. This completely revised and updated version of the perennial bestseller offers you a detailed, easy-to-follow program for treating arthritis at home, based on a simple diet of health-building foods. With this book, you can relieve or even reverse most cases of osteoarthritis or rheumatoid arthritis without expensive drugs or equipment. The key is to substitute restorative foods for certain inflammation-generating foods, tap your inner well-springs of good health, and practice easy-to-do exercises for increased flexibility. You will discover: - The incredible arthritis-healing and health-renewing powers of restorative foods - How to maximize your chances for complete recovery of arthritis - Aspirin-free ways to reduce pain and inflammation - Stressor foods to avoid that block the healing of arthritis - Simple tests to help you pinpoint the foods that can aggravate your arthritis - Easy diet changes that eliminate joint inflammation, gout, migraines, osteoarthritis, lupus, and more No matter how old you are or how long you ve suffered from arthritis, with this program you can help overcome arthritis and free yourself of debilitating pain in just a few weeks.

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