



Arthritis-Proof Your Life: Secrets to Pain-Free Living Without Drugs (Hardback)

By Michelle Schoffro Cook

Humanix Books, 2016. Hardback. Condition: New. Language: English . Brand New Book. **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.



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