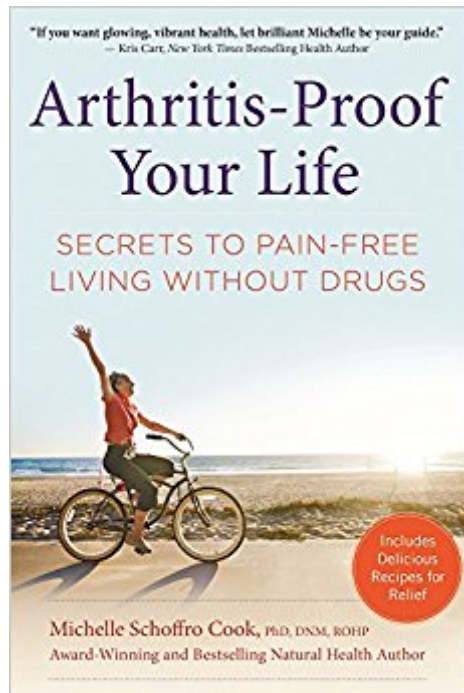




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Arthritis-Proof Your Life: Secrets To Pain-Free Living Without Drugs



Synopsis

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

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 DiscomfortDangers and Limitations of Common Arthritis MedicationsNew & Cutting-Edge Natural Treatments for Joint DisordersTop Anti-Inflammatory and Anti-Pain Foods and SpicesPain Reduction at Your Fingertips With AcupressureUsing Medical Aromatherapy to Feel Better FastHow to Safely Boost Your Body's Innate Healing CapacityDelicious Recipes to Relieve Pain and Heal JointsAnd 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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Customer Reviews

"Dr. Cook's books are my health bibles. If you want glowing, vibrant health, let brilliant her be your guide."#151;Kris Carr, New York Times Best Selling Author & Founder of Crazysexylife.com#147;Dr. Cook's work is unique, empowering, informative, and guides us toward a healthy future.â•Mallika Chopra, Founder of Intent.com

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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Arthritis: An Ultimate Guide For Arthritis: (Symptoms of Arthritis, Rheumatoid Arthritis, Psoriasis Arthritis, Types of Arthritis, Cure for Arthritis) Arthritis-Proof Your Life: Secrets to Pain-Free Living Without Drugs E N B R E L (Etanercept): Treats Ankylosing Spondylitis (AS), Juvenile Idiopathic Arthritis (JIA), Plaque Psoriasis, Psoriatic Arthritis, and Rheumatoid Arthritis (RA) Pain Free for Life: The 6-Week Cure for Chronic Pain--Without Surgery or Drugs Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses Live Pain Free Without Drugs or Surgery: How to use Integrated Positional Therapy to eliminate chronic pain Arthritis: Escape the Pain: How I Overcame Arthritis & How You Can Too! Rheumatoid Arthritis Handbook: Arthritis Pain Relief and Prevention Through Holistic Healing (Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health) Allergy Proof Recipes for Kids: More Than 150 Recipes That are All Wheat-Free, Gluten-Free, Nut-Free, Egg-Free and Low in Sugar Anti Inflammatory Diet: Chronic Disease to Healthy Living - A Simple Guide (Chronic Pain, Arthritis, Joint Pain Book 1) 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) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights End Diabetes In 3 Weeks Without Drugs: A Step-by-Step Guide to Eating Right to Prevent and Reverse Type 2 Diabetes Without Drugs Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs You, Pain Free: 6 Keys to Break Free of Chronic Pain and Get Your Life Back 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) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1)

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