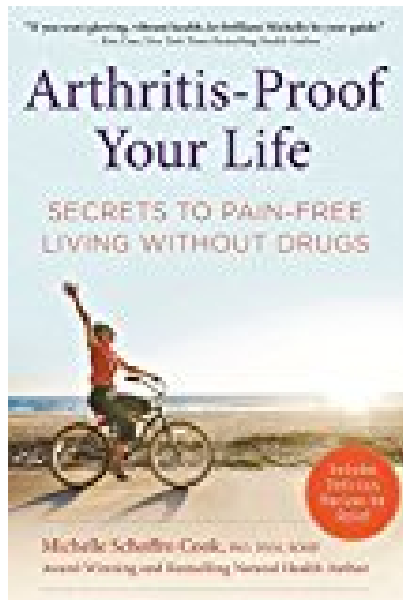


# Arthritis-Proof Your Life Secrets to Pain-Free Living Without Drugs

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## BOOK DETAILS

- Author : Michelle Schoffro Cook
- Pages : 256 Pages
- Publisher : Humanix Books
- Language : English
- ISBN : 1630060623

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## BOOK SYNOPSIS

**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
- The Gut-Arthritis Connection — and Why it Matters
- Using Medical Aromatherapy to Feel Better Fast
- How to Safely Boost Your Bodys Innate Healing Capacity
- Delicious Recipes to Relieve Pain and Heal Joints
- And Much More

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