

Arthritis - What Really Works: New Edition - Arthur Klein

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Those who have arthritis know there is a world of difference between the treatments that doctors recommend and those that actually work. This book, now fully revised and updated, is based on a detailed survey, in which arthritis sufferers were asked to say what best relieved their symptoms and improved their quality of life. Surgery? Nutrition? Exercise? Complementary therapies? You'll find the answers to these and many more questions in this hugely successful book. Covers: Conventional treatments, surgery and drugs; Pain-relieving techniques; Complementary therapies; Self-help techniques; Tips for managing your life and organising your home; Nutritional advice, including diet and 30-day meal plan; Includes some 200 pages of illustrated and effective exercise plans Author: Klein, Arthur Publisher: Robinson Illustration: N Language: ENG Title: Arthritis - What Really Works: New edition Pages: 00300 (Encrypted EPUB) On Sale: 2012-10-25 SKU-13/ISBN: 9781472103864 Category: Health & Fitness : General

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