



Arthritis

By Wendy Green

Paperback. Book Condition: New. Not Signed; In this easy-to-follow book, Wendy Green explains how genetics, age, infections, diet, excess weight, previous injuries and stress contribute to arthritis, and offers practical advice and a holistic approach to help you deal with the symptoms. From simple dietary and lifestyle changes to DIY complementary therapies. Find out 50 things you can do today including: * Choose beneficial foods and supplements * Manage stress and relax to prevent and ease pain * Discover practical tips to make everyday living easier * Identify ways to help young arthritis sufferers * Find helpful organisations and products. book.



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