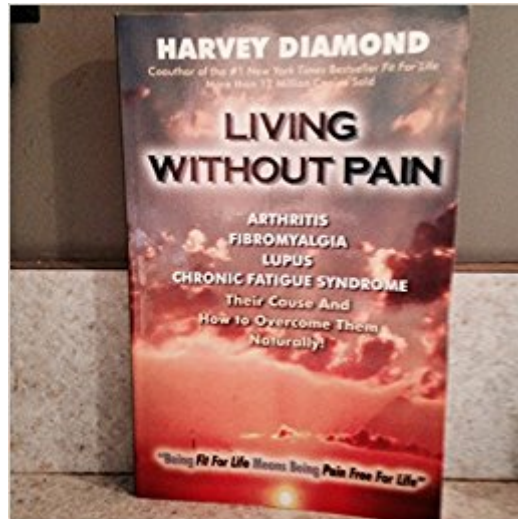




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Living Without Pain



Book Information

Paperback

Publisher: VP Nutrition; First Edition edition (2005)

ASIN: B002E6L520

Package Dimensions: 8.4 x 5.5 x 1 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #2,907,945 in Books (See Top 100 in Books) #59 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus #559 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia #11105 in Books > Health, Fitness & Dieting > Women's Health

Customer Reviews

I tell everyone who will listen that food combining is so important. I had very painful, spasms in my heel from tendonitis for a long long time and the doctor just kept telling me to stretch it. No help at all. Then I started this food combining. Who would have thought that it would have had anything to do with it? But it stopped. and hasn't returned. I believe my aches are all on the run now and I have this amazing information. Sad thing is nobody wants to change their diet, not one little bit. People generally want to hang onto their problems because they own them. I want to feel good and live pain free with good digestion and leave the doctors alone since I don't want to use their drugs anyway. This book is for everyone who wants to feel better.

Very good book, very good information in it. I have passed it to other suffers, and they have agreed this is a must buy for anyone who has this health issue.

Good information but the writing style is wordy and repetitive.

This is a great book. I purchased it because I wanted to better my health. This book does a great job of explaining how to do that. But you've to follow directions. Highly Recommended!!!

Excellent book. Easy to understand and very helpful. I appreciate Harvey Diamonds view of things.

I'm reading this book right now and it's helping me with my pain and my weight. It makes total sense

on way to eat and detox the body.

Great info

I found this book informative and helpful. I suffer with Arthritis, Fibromyalgia and Chronic Fatigue Syndrome and felt that some of the information was very well stated. I will definitely reread this book and use it as a reference for my conditions. I can recomend this book to others suffering from these conditions with confidence. The information given is not a cure-all but I know I enjoyed reading it (it is easy reading)and there are several things I am going to try.

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