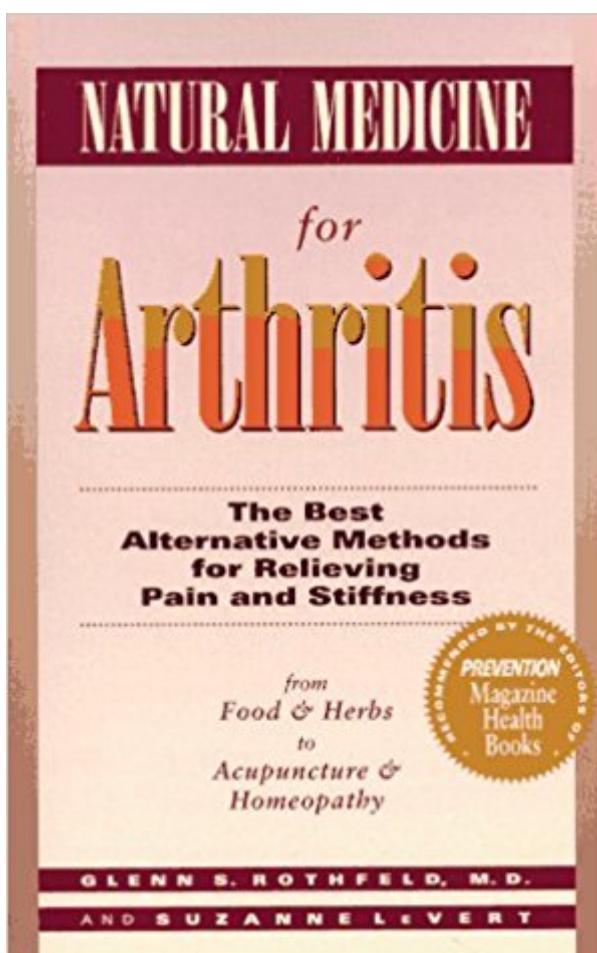


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# **Natural Medicine For Arthritis: The Best Alternative Methods For Relieving Pain And Stiffness: From Food And Herbs To Acupuncture And Homeopathy**



## **Synopsis**

A guide introduces a variety of pain-easing vitamins, minerals, herbs, and homeopathic remedies, as well as massage, meditation, and aromatherapy for treating arthritis, with helpful advice on using these therapies in conjunction with traditional medicine. Original.

## **Book Information**

Paperback: 288 pages

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## **Customer Reviews**

Arrived quickly in good condition. Because I have been having a horrible time with my knees after stepping into a hole, this book mentioned acupuncture and I went to an acupuncturist who gave me a treatment. I was amazed, swelling and heat stopped and I was walking again, but my knee is damaged and so the treatment, although fantastic only lasted until I twisted it again. But, it was very helpful in so much as it told me that I could walk again, it wouldn't work otherwise. I have been in PT , 3 times a week and I am improving in leaps and bounds. So, I learned a great deal from this book, how to eat, exercise and lose weight, very important. Don't fall. I am a 77 year old woman and this is the second time that I have damaged this knee. I have had bronchial asthma and had to take steroids for long periods of time, which caused Osteoporosis, so now I am also working on correcting this. This is a Great Book.

An okay book...didn't learn anything I didn't already know, unfortunately.

Thank heavens!It's about time to have a fantastic compilation of natural methods like this. Priceless!

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