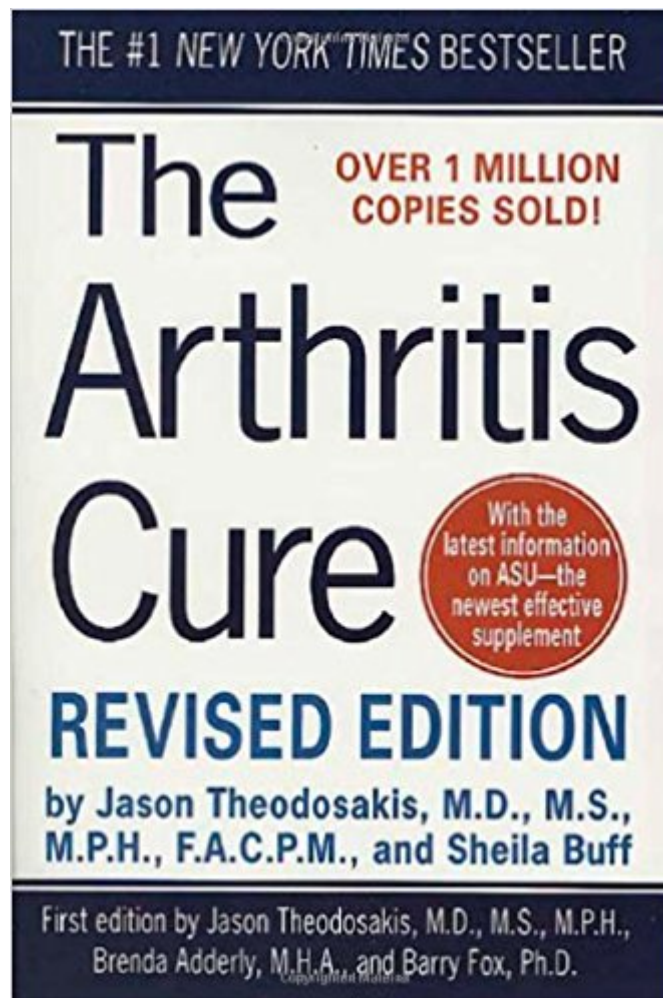




The book was found

The Arthritis Cure: The Medical Miracle That Can Halt, Reverse, And May Even Cure Osteoarthritis



Synopsis

Since its original publication in 1996, *The Arthritis Cure* has swept the nation, providing amazing relief for the millions who suffer chronic arthritis pain. By outlining a nine-point program that includes a new effective supplement, ASU, *The Arthritis Cure Revised Edition* describes a program that can halt, reverse, and possibly even cure degenerative osteoarthritis. Based on the most recent and cutting-edge medical research, this invaluable resource promises readers:--The latest research indicating that prescription arthritis drugs are not only expensive but can also be dangerous--they can raise blood pressure and damage the kidneys.--New studies supporting the use of glucosamine and chondroitin to treat arthritic symptoms.--Dr. Theodosaki's ratings of the current glucosamine products on the market, including which supplements are worth buying and which supplements are a waste of money.--An all-new and improved exercise program for people with arthritis.--The latest information on related conditions such as fibromyalgia and rheumatoid arthritis.

Book Information

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Customer Reviews

• Arthritis treatment will never be the same. • Newsweek • After two months on this remedy. . . I have stopped limping, I am playing tennis and ice skating with less pain and my knees have stopped swelling. • Jane Brody's "Personal Health" column in The New York Times

Jason Theodosakis, M.D., M.S., M.P.H., is the Assistant Clinical Professor and the director of the Preventative Medicine Residency Training Program at the University of Arizona College of Medicine in Tucson. Sheila Buff is the author or co-author of many books on medicine, health, and nutrition,

including The Complete Idiot's Guide to Vitamins and Minerals, The Good Fat, Bad Fat Counter, and Dr. Atkins' Age-Defying Diet. Brenda Adderly, M.H.A., is a health writer and reporter. She holds a master's degree in health services administration from the George Washington University, in Washington, D.C. She has authored or co-authored more than a dozen books, including The Acne Cure by Rodale Press. Ms. Adderly lives in Los Angeles, California. Barry Fox, Ph.D., has written or co-written many well-known health books, including the bestselling Beverly Hills Medical Diet and DLPA to End Chronic Pain and Depression. He lives in Los Angeles.

Liked it so much, we gave as a gift to my son.

Good info

A little dated and not exceptional content

I gave it a 4 star rating because I object to the term "love it". However, I find the book very recommendable. The book is very informative, well written, easily readable. I started using the suggestions of the writer and I am already feeling better. So I very much recommend the book if you want to get away from the usual - hundred side-effects- medicines. Also the delivery and condition of the book were very satisfactory.

This is essential reading, I believe, for those of us struggling with arthritis. He gives the background; makes recommendations for life-choices and diet; and thoroughly examines the claims of various supplements, recommending which ones actually have the right amount of active ingredients.

I purchased this years ago but could not find my book. I saw this Kindle version and downloaded it - loved getting the revised book because mine was so old. I got the new book and could read it - I did eventually find my original book. I saw the best hands specialist in not only our area, but people fly in from all over the world. His only recommendation for me and my osteoarthritis of my hands was the same as this book or fusion of joints. The book wins.

I just wanted to re-read this updated version. it has good information that has helped me a lot dealing with my arthritis.

informative book

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Toes (Teach Yourself to Treat Yourself for Foot Osteoarthritis Book 1) How I Achieved Freedom
From Arthritis: Learn the secrets that can reduce pain and increase movement in Osteoarthritis E N
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Handbook: Improve Your Health and Manage the Pain of Osteoarthritis (A DiaMedica Guide to
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Handbook: Arthritis Pain Relief and Prevention Through Holistic Healing (Medical Diseases, RA,
Rheumatology, Natural Remedies, Holistic Health) Arthritis: Escape the Pain: How I Overcame
Arthritis & How You Can Too! Miracle Girls #4: Love Will Keep Us Together: A Miracle Girls Novel
(Miracle Girls Novels) The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and
Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty
Liver Disease, Fatty liver cure) REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE
CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC

HEALTH WITH NO SURGERY OR DRUGS ... Pressure Cure, The End Of Heart Disease)

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