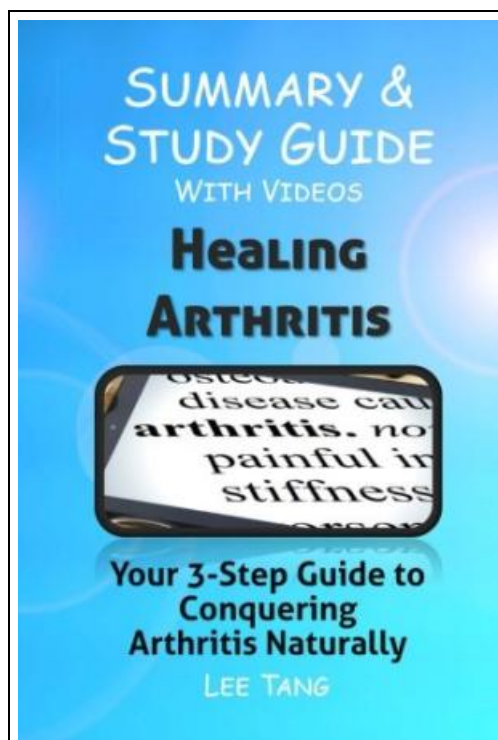


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Reviews



Simply no terms to clarify. It is actually loaded with knowledge and wisdom I am just delighted to let you know that this is the very best publication i have got read through during my individual lifestyle and could be he very best pdf for actually.
(Mr. Caleb Quigley MD)

SUMMARY STUDY GUIDE - HEALING ARTHRITIS: YOUR 3-STEP GUIDE TO CONQUERING ARTHRITIS NATURALLY (PAPERBACK)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Treat Rheumatoid Arthritis, Osteoarthritis, and More Reduce Inflammation and Pain in Your Joints Without Medication The must-read summary of Healing Arthritis: Your 3-Step Guide to Conquering Arthritis Naturally, by Susan Blum, MD, MPH Arthritis is a common cause of disability. It affects seven percent of people between ages 18 to 44, and thirty percent of people older than 44. People with arthritis often experience severe joint pain and inflammation. The pain restricts physical activity which further increases their risk of other health issues such as diabetes, and heart disease. Conventional medicine relies on pain medications to relieve the symptoms without addressing the root causes. But they work only 50 percent of the time and often have serious side effects. Dr. Blum s 3-Step Arthritis Protocol addresses the underlying causes by healing your gut to reduce the inflammation in your joints without medication. This guide includes: Book Summary-The summary helps you understand the key ideas and recommendations. Online Videos-On-demand replay of public lectures, and seminars on the topics covered in the chapter. Value-added of this guide: Save time Understand key concepts Expand your knowledge.

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