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By Sarah Woodside

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Arthritis: Escape The Pain Don t let arthritis rule your life - overcome it fast with easy practicable steps New York Times best selling author of Sarah Woodside brings you her latest book - as someone who suffered from arthritis for many years before she found ways to reverse the curse and live a happy healthy life, she is perfectly placed to write a book from the perspective of an arthritis sufferer, and not a doctor who has never actually experienced how it feels. Sarah Woodside now advises arthritis research groups as well as speaking at events around the world. Her simple but effective techniques have helped many thousands of people to relieve the pain of arthritis and live a normal life. Here s a preview of what you ll learn when you buy this book: - Solving The Curse Of Flare-Ups - The Tiny Changes That Make A Huge Difference - 15 Ways To Start Healing Today - Learning How To Eat Properly Can Change Everything - Nightshades: The Astounding Difference This Can Make...

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