



# Preventing and Reversing Arthritis Naturally: The Untold Story

*Raquel Martin, Karen J., R.N., D.C. Romano*

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A comprehensive self-help program designed to prevent and reverse degenerative inflammatory diseases without drugs and their unwelcome side effects.

- The program in this book is designed to help millions who suffer from chronic arthritis pain to heal, rather than to just medicate their symptoms.
- Takes a holistic approach to finding the causes of arthritis pain and offers a self-help treatment program designed to heal the body from the inside out by incorporating medicinal herbs, nutritional supplements, exercise, diet, and chiropractic care.
- Raquel Martin is the author of the bestselling book *The Estrogen Alternative*.

Each year thousands of people struggling with the debilitating effects of arthritis hear their doctors say that they will just have to learn to live with the pain. After experiencing this firsthand, Raquel Martin was determined to find a better way. Together with Dr. Karen Romano, Martin developed a comprehensive self-help program designed to prevent and reverse degenerative inflammatory disease without drugs and their unwelcome or dangerous side effects. The authors show readers how to address the causes rather than medicate the symptoms of arthritis by implementing holistic lifestyle changes--from medicinal herbs, nutritional supplements, and natural hormone therapy to whole foods, exercise, and chiropractic care. Thoroughly researched and clearly presented, *Preventing and Reversing Arthritis Naturally* guides readers through the labyrinth of recent medical studies related to the effects and treatment of this disease. In addition, it discusses the exclusion of alternative therapies from most insurance coverage and provides advice on the action consumers can take to address this.

Part practical medical resource, part encouraging guide, *Preventing and Reversing Arthritis Naturally* will inspire all readers to take charge of all aspects of their health.

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#### **Eduardo Baro:**

People live in this new day time of lifestyle always make an effort to and must have the free time or they will get great deal of stress from both way of life and work. So , if we ask do people have spare time, we will say absolutely yes. People is human not a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to you of course your answer can unlimited right. Then do you ever try this one, reading books. It can be your alternative throughout spending your spare time, often the book you have read will be Preventing and Reversing Arthritis Naturally: The Untold Story.

#### **Scott Ridgway:**

Playing with family in a very park, coming to see the ocean world or hanging out with good friends is thing that usually you might have done when you have spare time, and then why you don't try factor that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Preventing and Reversing Arthritis Naturally: The Untold Story, you could enjoy both. It is very good combination right, you still need to miss it? What kind of hangout type is it? Oh can occur its mind hangout folks. What? Still don't understand it, oh come on its known as reading friends.

#### **Anna Williams:**

Is it a person who having spare time in that case spend it whole day by simply watching television programs or just laying on the bed? Do you need something totally new? This Preventing and Reversing Arthritis Naturally: The Untold Story can be the answer, oh how comes? A fresh book you know. You are so out of date, spending your free time by reading in this brand-new era is common not a geek activity. So what these books have than the others?

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