



Arthritis: A Self-Help Guide to Feeling Better (Paperback)

By Wendy Green

Summersdale Publishers, United Kingdom, 2017. Paperback. Condition: New. Revised. Language: English . Brand New Book. In this easy-to-follow book, Wendy Green explains how genetics, age, infections, diet, excess weight, previous injuries and stress contribute to arthritis, and offers practical advice and a holistic approach to help you deal with the symptoms. From simple dietary and lifestyle changes to DIY complementary therapies. Find out 50 things you can do today including: Choose beneficial foods and supplements Manage stress and relax to prevent and ease pain Discover practical tips to make everyday living easier Identify ways to help young arthritis sufferers Find helpful organisations and products.



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