



Say No to Arthritis: The Proven Drug Free Guide to Preventing and Relieving Arthritis

Patrick Holford

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Arthritis usually starts with minor aches and pains, but by the age of 60, nine out of ten people have limited mobility and constant pain because of it. This guide to treating arthritis naturally is based on proven drug-free approaches. The book explains how arthritis develops, and how to prevent it developing or worsening by correcting the underlying causes. It tells the reader how to reduce pain and inflammation without drugs, and recover and regain mobility. The book covers diet, exercise, lifestyle, the effects of standard drugs and new medically-proven remedies that have no side-effects. It offers practical advice for any arthritis sufferer, and for those who wish to prevent this debilitating disease. Patrick Holford is the author of "Optimum Nutrition", "The Fatburner Diet" and "The Better Pregnancy Diet".

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