

The complete guide to available therapies for individuals suffering from osteoarthritis and other arthritic diseases. The most up-to-date information on this disease that strikes one in six people. Includes case histories, practitioners perspectives, and a complete resource guide to the organizations, publications, and Internet sites devoted to arthritis. For those suffering from arthritis and other arthritic diseases such as gout and fibromyalgia, The Arthritis Bible is the most up-to-date and complete resource to available treatments--both alternative and conventional. Forty-three million Americans--one in six of us--are afflicted with arthritis, yet the traditional medical community continues to offer only the limited number of treatments found within the narrowly proscribed boundaries of Western medicine. And while many alternative therapies do provide relief, too many have become victims of the flavor-of-the-month mentality, their true merits being lost amidst hype and unwarranted claims before adequate research has been done. The Arthritis Bible supplies the latest wisdom on conventional drugs, exercise, physical therapy, diet, vitamins and minerals, traditional herbs, nutraceuticals, homeopathy, and folk remedies. It also advises how to choose the right medical approach and practitioner, and includes a complete resource guide to the organizations, publications and internet sites devoted to arthritis. For anyone seeking relief from the painful and often debilitating consequences of arthritic diseases, The Arthritis Bible is a must for the shelf.

Concrete Industrial Ground Floors: Design and Practice Guide (ICE design and practice guides), The Academic Hymnal: A Collection Of Hymns And Chants With Tunes Harmonized For Mens Voices And In Unison (1899), Prophetic Witness, The Book of Common Prayer (And Administration of the Sacraments and Other Rites and Ceremonies of the Church), An Early Historic Niagara Frontier Iroquois Cemetery in Erie County, New York, Archaeology and Physical Anthropology Kleis,

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