



Preventing and Reversing Arthritis Naturally: The Untold Story

By Raquel Martin, Karen J. Romano

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Preventing and Reversing Arthritis Naturally: The Untold Story, Raquel Martin, Karen J. Romano, 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...



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