



50 Things You Can Do Today to Manage Arthritis (Personal Health Guides)

Wendy Green

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50 Things You Can Do Today to Manage Arthritis (Personal Health Guides) Wendy Green
Handy help to take control of arthritis

A practical guide for sufferers who live with arthritis, this book explains how genetics, age, infections, diet, excess weight, previous injuries, and stress can all contribute. It will teach readers how to choose beneficial foods and supplements, explain which types of exercise can best bring relief, and reveal practical tips to make everyday living easier.

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