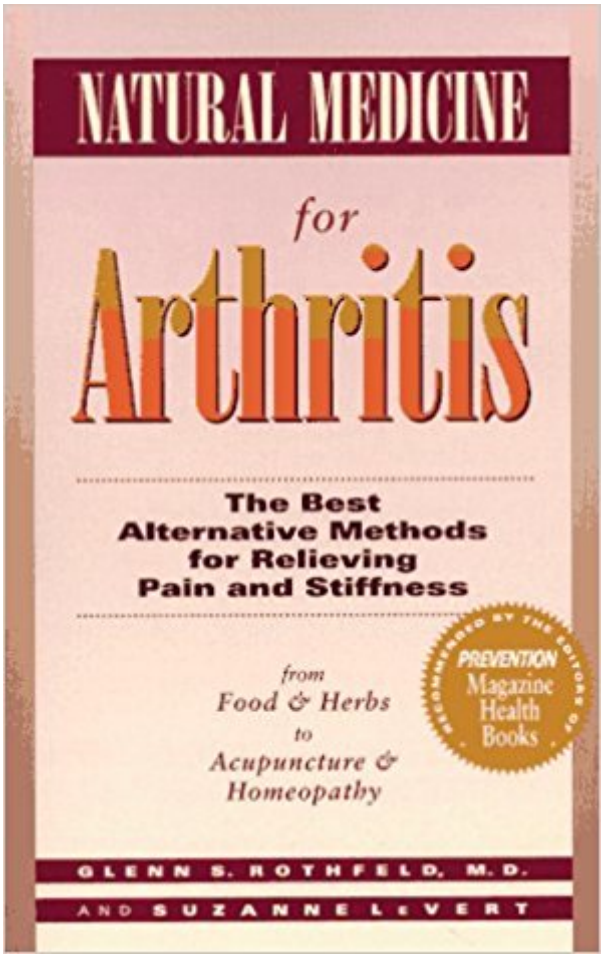
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Natural Medicine For Arthritis: The Best Alternative Methods For Relieving Pain And Stiffness: From Food And Herbs To Acupuncture And Homeopathy



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Synopsis

A guide introduces a variety of pain-easing vitamins, minerals, herbs, and homeopathic remedies, as well as massage, meditation, and aromatherapy for treating arthritis, with helpful advice on using these therapies in conjunction with traditional medicine. Original.

Book Information

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Average Customer Review: 4.0 out of 5 stars 3 customer reviews

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Customer Reviews

Arrived quickly in good condition. Because I have been having a horrible time with my knees after stepping into a hole, this book mentioned acupuncture and I went to an acupuncturist who gave me a treatment. I was amazed, swelling and heat stopped and I was walking again, but my knee is damaged and so the treatment, although fantastic only lasted until I twisted it again. But, it was very helpful in so much as it told me that I could walk again, it wouldn’t work otherwise. I have been in PT , 3 times a week and I am improving in leaps and bounds. So, I learned a great deal from this book, how to eat, exercise and lose weight, very important. Don’t fall. I am a 77 year old woman and this is the second time that I have damaged this knee. I have had bronchial asthma and had to take steroids for long periods of time, which caused Osteoporosis, so now I am also working on correcting this. This is a Great Book.

An okay book...didn’t learn anything I didn’t already know, unfortunately.

Thank heavens!It’s about time to have a fantastic compilation of natural methods like this. Priceless!

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