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Everything You Need to Know to Combat Arthritis Safely and Effectively

Earl L. Mindell

Times Group Books, New Delhi, India, 2011. Softcover. Book Condition: New. First Edition. Arthritis medications and painkillers offer temporary respite, and when taken excessively can cause life-threatening side effects. Fortunately, there is a better way to combat joint inflammation and slow the progression of arthritis. The alternatives are many, from diet and supplements to exercise and therapeutic massage. Dr Earl Mindell presents safe, easy-to-use strategies to help readers achieve optimum health and relief from the discomfort of arthritis. This is...

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- Authored by Earl L. Mindell
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