

# Pain Free Arthritis

# Pain-Free Arthritis

## A 7-Step Program for Feeling Better Again

Eliminate arthritis pain through

- Preventative and therapeutic exercise
- A low-fat, anti-inflammatory diet
- Alternative therapies that really work
- The latest prescription drugs

**Harris H. McIlwain, M.D., and**  
**Debra Fulghum Bruce, M.S.**

authors of *The Fibromyalgia Handbook*

[Pain Free Arthritis 下载链接1](#)

著者:McIlwain, Harris H.

出版者:Henry Holt & Co

出版时间:2003-9

装帧:Pap

isbn:9780805073256

A pain-relief expert reveals a proven and unique seven-step program for alleviating arthritis pain. Although sixty-six million American adults suffer from arthritis, "Pain-Free Arthritis" is the first book by an established rheumatologist to present an effective program to alleviate its often incapacitating pain. Over the last twenty years, Harris H. McIlwain has treated thousands of arthritis-pain sufferers who have found lasting relief by following his program. Scientists have learned a great deal about the mechanisms and types of arthritis in the last few years, and McIlwain has distilled this information to its practical essence: the entirety of this book is geared not toward explanation but toward relief. The program created by McIlwain shows readers how to eliminate arthritis pain through- preventative and therapeutic exercise- a low-fat, anti-inflammatory diet- alternative therapies that really work- the latest prescription drugs. Victims of any variety of arthritis will find concrete, feasible suggestions enabling them to resume a normal, active life. Now McIlwain's successful methods are made available to all arthritis sufferers for the first time.

作者介绍:

目录:

[Pain Free Arthritis 下载链接1](#)

标签

评论

---

[Pain Free Arthritis 下载链接1](#)

书评

-----  
[Pain Free Arthritis\\_下载链接1](#)