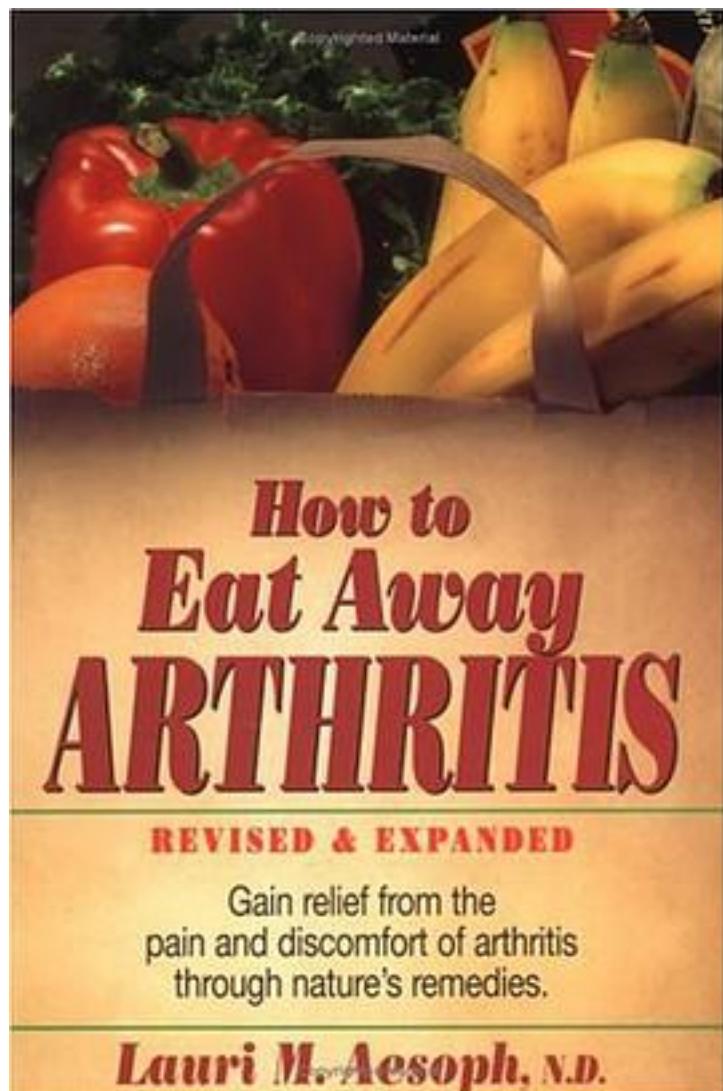


# How to Eat Away Arthritis



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著者:Laurie M. Aesoph

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This revised and expanded edition of the perennially popular self-help book details how arthritis sufferers can improve their conditions with the foods they eat. Using the simple dietary procedures described in this book, readers can reverse some cases of osteoarthritis or rheumatoid arthritis without expensive drugs or equipment.

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