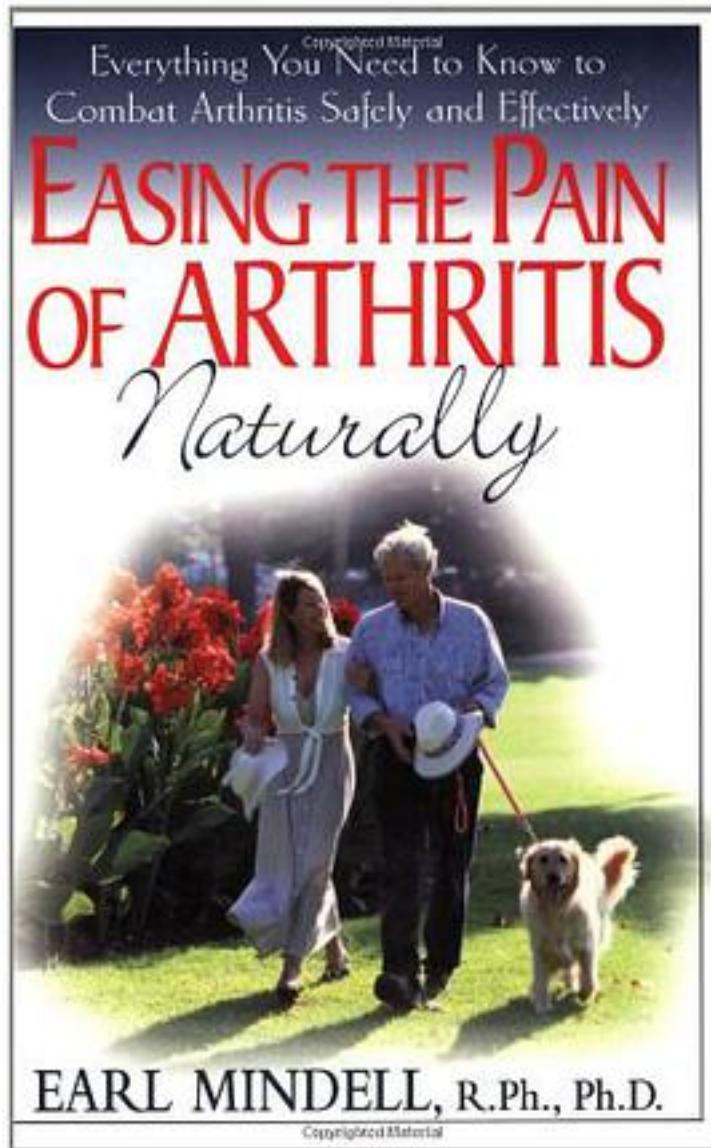


Easing the Pain of Arthritis Naturally



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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 an invaluable tool in the fight against this disease.

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