

Treating Arthritis: Medicine, Myth, and Magic



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著者:

出版者:

出版时间:

装帧:

isbn:9780306431852

If you are one of the forty million people searching for relief from arthritis, you will be fascinated by the information provided by Dr. Felix Fernandez-Madrid, a leading expert in the field of rheumatology, in *Treating Arthritis*. In this comprehensive examination of primitive, mystical, and contemporary unorthodox treatments, it becomes apparent that many of today's sought-after "cures" for arthritis were originally practiced

centuries ago.

Dr. Fernandez-Madrid offers the arthritic patient intelligent alternatives to these unorthodox methods of treatment. He encourages responsible participation on the part of the patient, provides guidance to the array, of sound choices available for treatment, and points out how to recognize the early stages of arthritis and what can be done to prevent further joint deterioration. Information is provided on stress reduction and relaxation techniques and diet and exercise as auxiliary treatment modalities, and the possible psychological benefits of practices such as the laying on of hands.

Unique in its approach, Treating Arthritis:

Medicine, Myth, and Magic will be of vital interest to arthritic sufferers and their physicians who seek to cull the best treatments available from antiquity and modern medicine.

作者介绍:

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