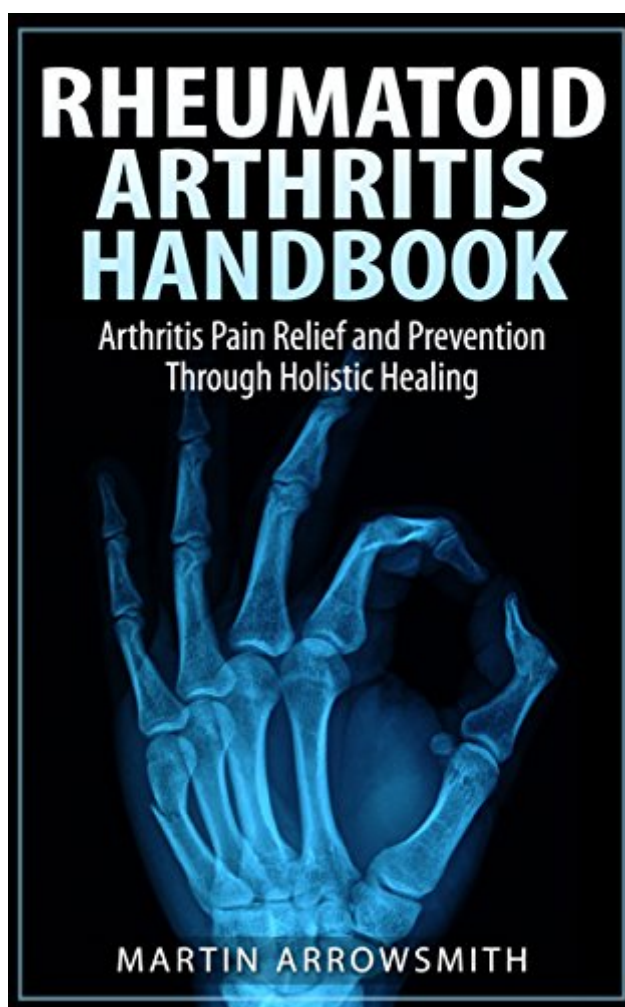


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# Rheumatoid Arthritis Handbook: Arthritis Pain Relief And Prevention Through Holistic Healing (Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health)





## Synopsis

\*Gift\* Free Bonus enclosed  
What they never tell you about RA. What don't we know about RA, it's treatment, and how it can be relieved? What we do know is THERE IS NO KNOWN MEDICAL CURE for RA but are there ways we can live without the pain that is associated with RA? Is the life full of swelling and pain we lead with the rest of the symptoms relievable? You probably thought you couldn't do anything about it. Educate yourself to know what your options are. RA doesn't have to be there preventing you from doing the things you love on a regular basis. Finally, there's a better way to live. Learn about RA, how it can be naturally and holistically healed rather than harsh medical procedures and harmful pain medication. With this handbook you'll be able to give yourself the relief you deserve using easy natural remedies and holistic methods. Most of these can be done with what you have in your home.  
Testimonial Written by Lana K. I purchased this book for a family member who has rheumatoid arthritis. She is not a big fan of mainstream medicine so I thought this book might be helpful in providing her with some natural methods to relieve her pain. After reading this book, my Aunt said that she has been incorporating some of the suggested exercises and superfoods into her daily routine and they have really made a difference. Her pain has alleviated and she feels much better when doing daily tasks. Overall, this book has benefitted my Aunt, so I would recommend it to anyone who wants to try an alternative to mainstream medications that are riddled with negative side effects. Get your copy today and relieve your Arthritis now. Educate yourself to know what your options are. RA doesn't have to be there preventing you from doing the things you love on a regular basis.

## Book Information

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## Customer Reviews

I learned nothing new from this book and in fact, found several important omissions! I feel as though I have been catfished by the AstroTurf reviews which gave this book (I use this term loosely) 5 stars. If you are considering purchasing this book, please research the terms "catfish" and AstroTurf reviews". I would give this zero stars but I don't think I would publish my review. Caveat emptor.

Rheumatoid Arthritis (RA) is an autoimmune condition that causes several joints in the body to swell up and cause the sufferer immense pain. This book looks at what RA is and what it does to the body and mind of anyone who has it. It also explores the various exercises that can be done to help lessen the effects of RA on an individual. The author also looks at the "super foods" that can treat or prevent the condition. He also discusses other ways to get relief from RA. This is a great book to help you heal from RA through natural and holistic means.

I've been curious about Rheumatoid arthritis as it supposedly runs in my family. I wanted to know more about this subject so I decided to get this book. I must say this book has explained a lot to me, I find that I understand more about RA now. The book gives information about RA, what it is, how to prevent it, how to manage it and what to eat, practically anything you need to know. A very informative read.

I had to write a paper on Rheumatoid Arthritis for one of my University courses and Martin's book has been incredibly helpful. My paper had to include not only background information on the disease but also holistic options as well. I wish I had found it sooner because it was such an informative read. Thanks Martin!

Somewhat informative, wish more detailed in diet to body health connection. Found several "poor English" choices - wrong word used or duplicated, big pet peeve of mine.

An informative book on alternative treatments which can be incorporated into a western medicine regiment to make a full plan using thebest of all.

It was a complete waste of time to read this. Nothing, that you wouldn't find with a search engine and 15 minutes.

Enjoyed reading this book. It gave a great deal of helpful information about diet and lifestyle changes along with brief explanations.

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