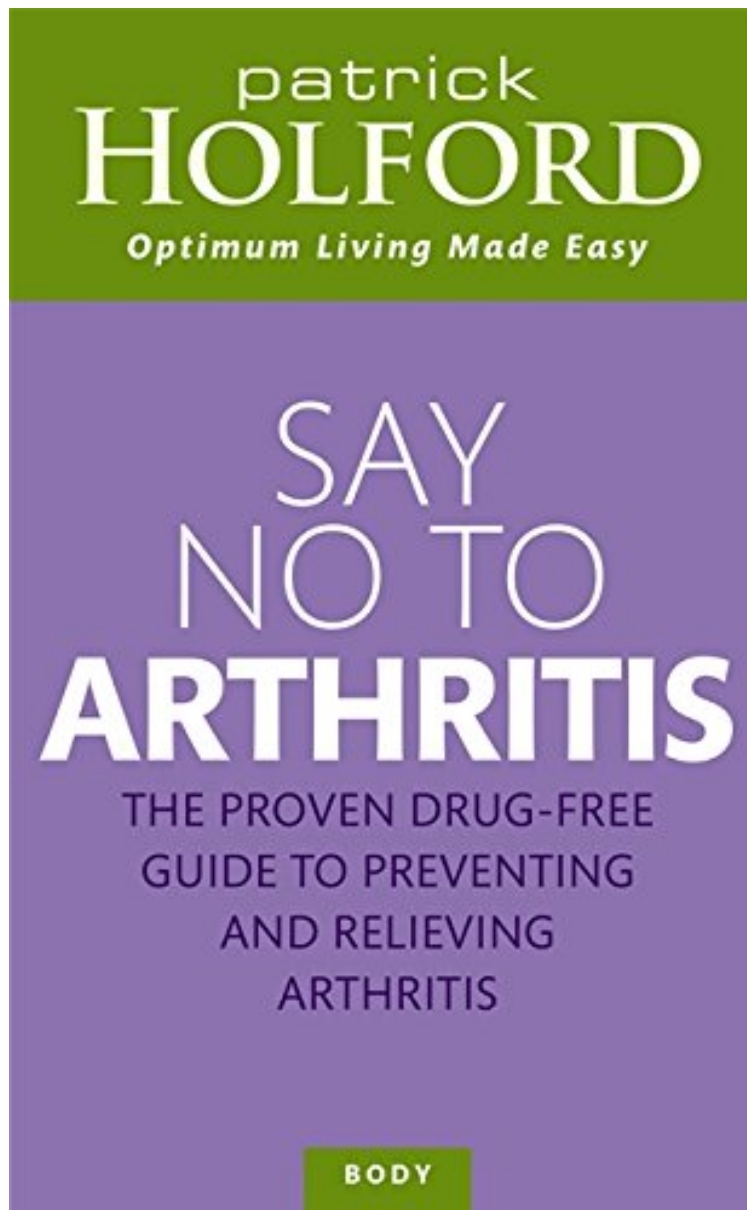


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## Say No to Arthritis: The Proven Drug Free Guide to Preventing and Relieving Arthritis (Optimum Nutrition Handbook)

*Patrick Holford*

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**Patrick Holford : Say No to Arthritis: The Proven Drug Free Guide to Preventing and Relieving Arthritis (Optimum Nutrition Handbook)** before purchasing it in order to gage whether or not it would be worth my time,

and all praised Say No to Arthritis: The Proven Drug Free Guide to Preventing and Relieving Arthritis (Optimum Nutrition Handbook):

7 of 7 people found the following review helpful. Comprehensive therapy for ArthritisBy Mary BethI really like this author. He's a physician specializing in nutrition, a Nutritionist (not a dietitian). In easy to understand language he explains what bodily changes have occurred to cause the arthritis - Osteoarthritis and Rheumatoid arthritis. Then he explains the vitamins, supplements and foods needed to correct the imbalance. Glucosamine is just one of many nutrients needed. Medication just eases the pain a little, has side effects and does little to cure. Physical therapy helps but it is just a small part of the equation towards wellness. Surgery fixes the worst arthritic joint. Meanwhile the arthritic process continues in other joints. Dr. Holford offers a full spectrum of therapies that collectively over time (be patient) can bring true improvement. If you were even 25% better with less pain would it be worth the effort of taking all those vitamins? There's hope for significant improvement.1 of 1 people found the following review helpful. Can't be bettered.By anne meinckYou really can't beat Patrick Holford for advice and information about health issues. The most unique and impressive aspect is that every claim that is made is backed up by a raft of clinical trials from reputable sources. All are referenced at the end of the book . He presents his findings in a clear, easy to read format. He gives alternative treatments - not just naturopathic or medical- as well as helpful exercises, so that the reader chooses his/her own program. No judgement is made as to whether one way is better than another; he allows the research to present the facts so that you can make up your own mind.Read his Optimum Nutrition Bible first for an overview of different ailments -one chapter being dedicated to each- then buy the specific one you need if you want more detailed information for treatment. It's been my go-to book for years .Can't be bettered for an effective, objective, well-researched explanation of ailments and the treatments available.0 of 0 people found the following review helpful. Hurting handsBy Shirley IsaacGood read, helpful ideas to put into place where you can

Arthritis is a debilitating and painful disease for millions of people. In this updated and expanded book, leading nutrition expert Patrick Holford highlights the latest research on arthritis and how the disease can be prevented or alleviated by the correct diet and supplement programme.SAY NO TO ARTHRITIS examines the various forms of the disease, and how it is affected by the foods you eat, exercise and even the attitude you have towards your symptoms. This invaluable knowledge is brought to life with a practical and easy-to-follow anti-arthritis action plan that includes guidance on what to eat, the appropriate supplements to take, which exercises can reduce pain and how to reduce stress in order to ease symptoms.

About the AuthorPatrick Holford is one of the UK's leading nutrition experts. In 1984 he founded the Institute for Optimum Nutrition (ION). He is also Chief Executive of the Food for the Brain Foundation, a member of the Nutrition Therapy Council and the author of over 30 books on nutrition and health.