



Charles Seems's *Drug-Free Arthritis: Secrets to Successful Living* is a valuable guide to anyone who is suffering from arthritic pain. It clearly describes proven strategies that have been used by countless people to reduce their pain as well as their need for medications.

This book offers hope to millions of people worldwide, who suffer from this debilitating condition, and who wish to learn how to utilize a healthy diet, regular physical activity, and proper rest, in order to take back control of lives that may have been taken over by seemingly unending pain. The author -- himself a success story -- explains clearly what sorts of environmental irritants to avoid, including those found in everyday foods.

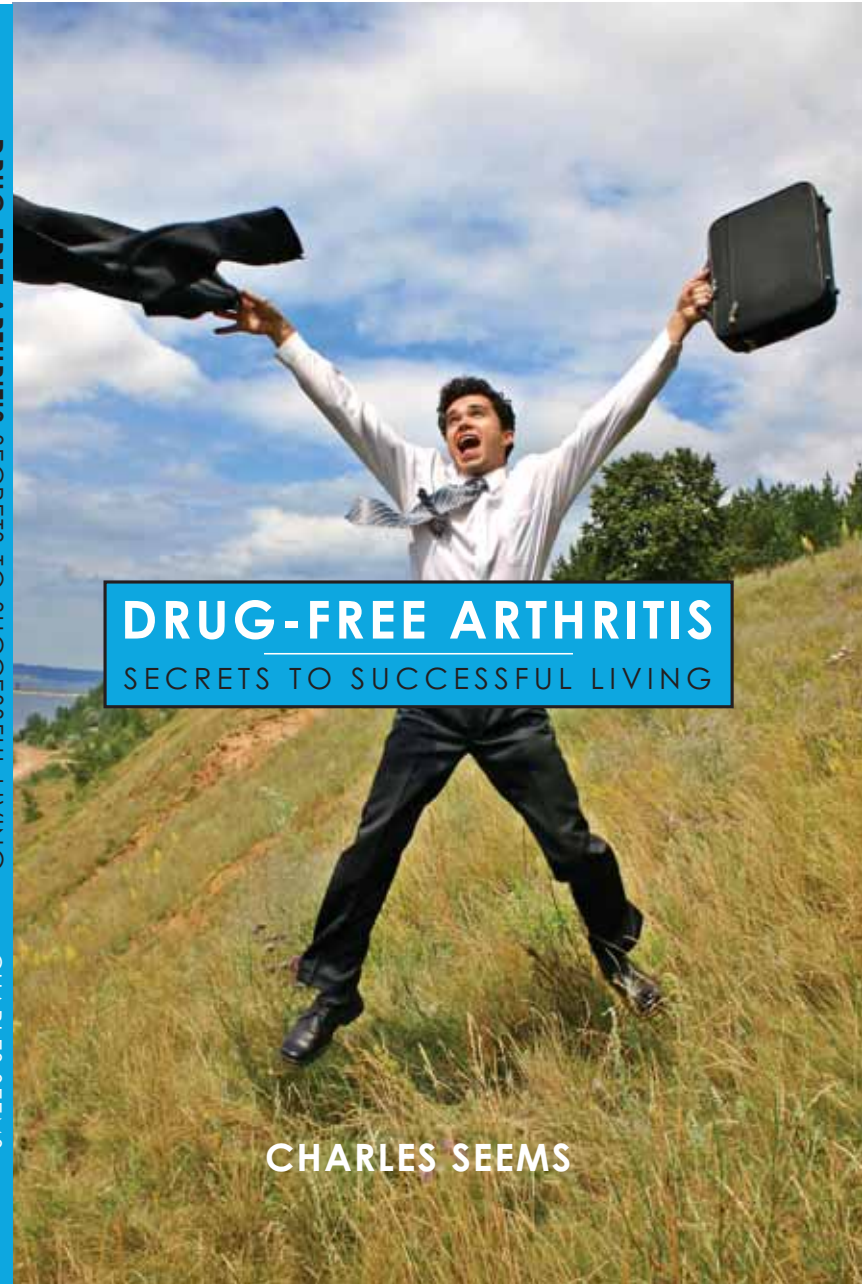
Readers will learn what sorts of personal commitments they can make to improve their odds of getting better, and staying that way. They will gain valuable knowledge on the personal values and mindsets that will help them to put their condition in perspective, and to lead happier and more balanced lives.

Drug-Free Arthritis: Secrets to Successful Living has a clear success-orientation. It combines a wealth of workable ideas, memorable quotes, personal techniques, healthy recommendations, and even delicious recipes to help any reader better manage the pain that they may experience from arthritis or any other disease.



DRUG-FREE ARTHRITIS SECRETS TO SUCCESSFUL LIVING

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