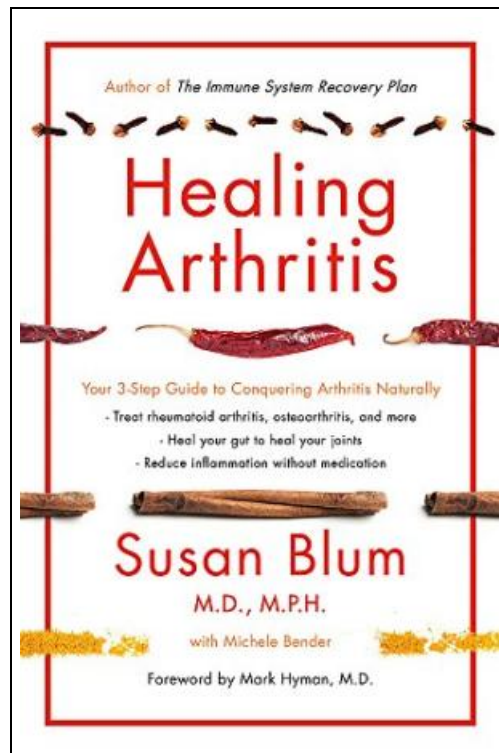


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HEALING ARTHRITIS: YOUR 3-STEP GUIDE TO CONQUERING ARTHRITIS NATURALLY (PAPERBACK)



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Orion Publishing Co, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Arthritis is the most common cause of disability in the world--greater than both back pain and heart disease. One example, Rheumatoid Arthritis (RA), is the most common autoimmune disease, affecting 1 of the UK population, and almost 68 million people worldwide. Conventional medicine tends to treat arthritis with strong, gut-damaging, immune-suppressing pain medications, temporarily relieving the symptoms of the disease without addressing its root causes. Now, in her groundbreaking new book, Dr. Susan Blum, a leading expert in functional medicine, offers a better approach to healing arthritis permanently. Dr. Blum's groundbreaking three-step protocol is designed to address the underlying causes of the condition and heal the body permanently by: Treating Rheumatoid Arthritis, Osteoarthritis, and more. Healing your gut to heal your joints. Reducing inflammation without medication. Dr. Blum's innovative method includes a two-week plan to quickly reduce pain through anti-inflammatory foods and supplements; followed by an intensive gut repair to rid the body of bad bacteria and strengthen the gastrointestinal system for a dramatic improvement in arthritis symptoms and inflammation; and then addresses the emotional issues that contribute to inflammation, and eating a simple, Mediterranean inspired diet to maintain a healthy gut. Featuring detailed case studies, including Dr. Blum's own inspiring personal story, Healing Arthritis offers a revolutionary way to heal your gut, repair your immune system, control inflammation, and live a happier, healthier life. arthritis-free.



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