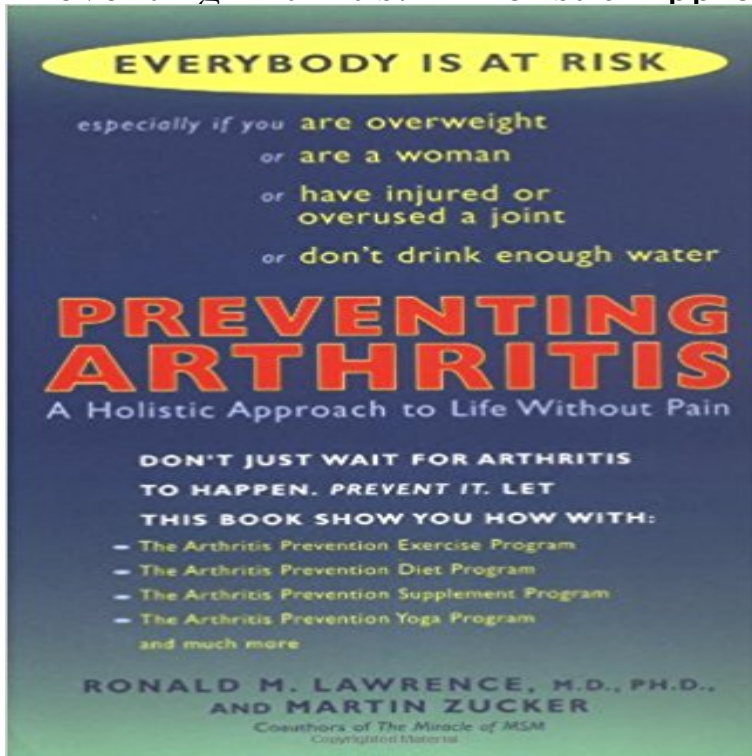


Preventing Arthritis: A Holistic Approach to Life Without Pain



One in five Americans will develop osteoarthritis, the painful degeneration of joints associated with aging. But, osteoarthritis can destroy more than joints. It often leads to inactivity, obesity, depression, anxiety, and dependence on drugs with serious side effects, and can increase the risk of developing life-threatening illnesses such as cardiovascular disease. Preventing Arthritis lays out a menu of powerful natural options for arthritis prevention: * 10 steps for staying arthritis-free * cutting-edge arthritis prevention research * advice on supplements and nutrition * yoga and exercise routines for healthy joints * prescriptions for massage techniques and if you already have arthritis... * multiple natural strategies for relieving pain Provides an arsenal of safe, effective, and viable approaches that can stop arthritis in its tracks. (Stephen T. Sinatra, M.D., author of Heart Sense for Women)

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