



The Joint Health Prescription: 8 Weeks to Stronger, Healthier, Younger Joints

James M. Rippe

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In September 2000, Dr. James Rippe announced unprecedented new research on joint pain, showing that patients who combined a specific diet and exercise programme with a series of supplements received dramatic improvement in joint pain, from minor aches to osteoarthritis, by far the most common form of arthritis. THE JOINT PAIN PRESCRIPTION is a simple, 8-week programme based on this groundbreaking research. The key to the programme is a gelatin supplement that not only reduces joint pain but actually restores joints to better condition. The programme starts with a Joint Health Test, comprised of a quiz and physical tests that helps readers determine their joint health status and allows them to customise the programme to their individual needs. The programme is based on a series of simple daily steps, including the Joint Health Week Walking programme, a simple strength training programme anyone can do at home, a key to the foods and supplements that really work - and those that don't - plus a natural supplement programme proven to cut pain and increase mobility for people with joint pain or osteoarthritis. Special sections also cover: * The latest advances in medical care for joint pain * Drug treatments for inflammation and pain, including the pros and cons of drug taking * How to reduce or prevent joint damage during exercise and sports

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Veronica McFadden:

A lot of people always spent their very own free time to vacation or go to the outside with them family members or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity that is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you just read you can spent all day long to reading a guide. The book The Joint Health Prescription: 8 Weeks to Stronger, Healthier, Younger Joints it is quite good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. If you did not have enough space to deliver this book you can buy often the e-book. You can m0ore very easily to read this book from the smart phone. The price is not to cover but this book possesses high quality.

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Alva Stephenson:

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