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Healing Arthritis: The Drug-Free 3-Step Guide to Conquering Arthritis

By Dr. Susan Blum M. D.

Scribner. Hardcover. Condition: New. 384 pages. The author of the bestselling The Immune System Recovery Plan shares her science-based, drug-free treatment plan for the almost fifty million people who suffer from arthritis: an amazing 3-step guide to eliminate the disease naturally. 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, and affects 1 of the US population, and almost 68 million people worldwide. Conventional medicine tends to treat arthritis with strong, gut-damaging pain and immune suppressing 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 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...

Reviews

Certainly, this is the finest job by any publisher. I was able to comprehend almost everything out of this published e book. You won't truly feel monotony at any moment of the time (that's what catalogues are for concerning should you question me).

-- **Graciela Emard**

This book is fantastic. It normally fails to price excessive. Your daily life span will likely be enhanced once you total reading this publication.

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