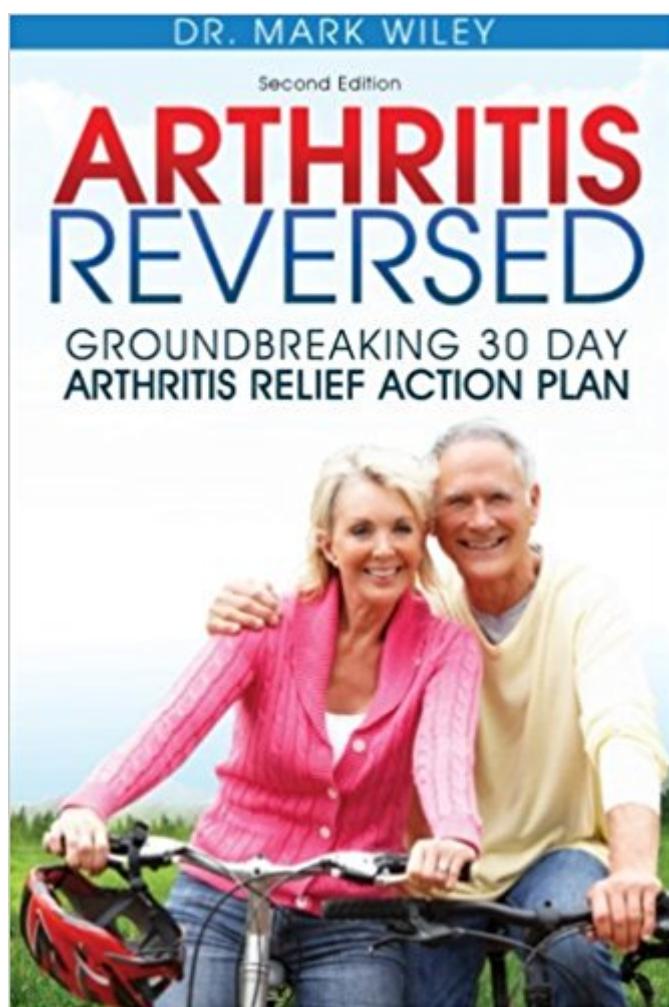


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# Arthritis Reversed: Groundbreaking 30-Day Arthritis Relief Action Plan



## Synopsis

â œDr. Wiley is one of the most clear thinkers and writers in complimentary medicine today. This book is revolutionary and yet it is so simple to follow each step of his plan.â • â "Dr. Glenn Peter Lobo â œArthritis Reversed is a road map to recovery from arthritic pain and will help you get your life back. â "Dr. Robert del Medico Dr. Mark Wiley has spent decades researching and mastering natural wellness practices around the world. Heâ ™s taken those techniques and pioneered a powerful, integrated mind/body approach to arthritis relief and prevention. Simply put, mainstream medicine fails to eradicate our everyday pains, illnesses and diseases. It fails because it is passive and reactionary and thus it is unable to prevent you from experiencing chronic health conditions. The important thing is to see and know that the solution to your daily suffering is grounded in a five-part process called, the Arthritis Relief Action Plan: Part 1: Educate yourself about the real causes and solutions of arthritis Part 2: Reduce the current level of symptoms you are experiencing Part 3: Halt or significantly reduce the worsening of your condition Part 4: Prevent the symptoms from flaring to improve your quality of life Part 5: Regenerate healthy tissue to reverse the damage done In the pages of Arthritis Reversed, Dr. Wiley shows you how to determine the underlyingâ "and sometimes hiddenâ "causes of your arthritic symptoms. These are actually obvious root causes and contributors that are only â œhiddenâ • because you have not (yet) been taught to look for and identify them. Dr. Wiley shows you how to do this and then how to use that knowledge to reduce your pain and halt or slow the progression of the condition, typically within 30 to 90 days. â œDo not let Arthritis rule your life! Get this book and see what it can do for you. It has helped my patients gain more control over their lives.â • â "Dr. Dale Dugas â œDr. Wiley explains the biggest mistakes made in treating arthritis, and the inflammatory response. I highly recommend this book to anyone suffering from any form of arthritis.â • â "Dr. Robert Chu

## Book Information

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## Customer Reviews

Dr. Mark Wiley is a doctor of Oriental and alternative medicine, holds a masters in health care management, is a bestselling author, a martial art master and an international seminar instructor. No one does for wellness what he does. Dr. Markâ™s interest in holistic and natural health practices began when he sought long-lasting relief from the debilitating migraines and chronic pain that plagued him for nearly three decades. In search of a cure, he traveled extensively throughout the United States, Europe, the Philippines, Malaysia, Singapore, Taiwan and Japan to conduct field research and master the worldâ™s holistic healing practices, from the oldest to the most modern. In addition to his health consulting practice, Dr. Mark is a prolific writer and publisher. He has written over 500 articles and 12 books, most notably, âœNatural Ways to Reverse and Prevent Hypertensionâ• (Easy Health Options), âœOutwitting Headachesâ• (Lyons Press), and âœQiGong for Health and Well-Beingâ• (Journey Editions). From 2003 to 2007, he was the Managing Director of Integrated Energy Medicine, LLC. He sits on the health advisory boards of several health and fitness institutes and associations, including The Healthy Back Institute and Easy Health Options, while focusing his attention on research, writing and helping people worldwide achieve healthy, balanced lives.

Bought this for my brother who suffers from rheumatoid arthritis. He has really enjoyed the book and learning more about controlling his condition with diet.

Very well written, informative book and must be read by anyone suffering from chronic pain. I read it like the bible.

This is a good book and was everything I expected.

Best book I ever read on improving my health simple!

Looking forward to reading this to assist me daily.

Interesting book

love the information, using it now@

I got it for my wife who has this condition. It gave some good tips related to natural care, and she found some helpful. It was not groundbreaking though.

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Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2)

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