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Natural Treatment For Osteoarthritis In The Neck

Natural Treatment *for* Osteoarthritis in the Neck



Dr. Sophie Hardy B.Sc. D.C.

Teach Yourself to Treat Yourself



Synopsis

Natural Treatment for Osteoarthritis in the Neck is a concise, practical guide on osteoarthritis management. It is written in plain English and not medical jargon. Dr Sophie begins by answering the questions "What is osteoarthritis in the neck?" and "What really causes your pain and stiffness?" Next she explains some simple life style changes to relieve your symptoms, such as:- When you should rest and when you should work through the pain and- How you can change your diet to reduce your pain while still having those foods you love! She goes on to teach you how to use all the different types of treatment for osteoarthritis which are recommended by the Arthritis Foundation- plus how to get them without breaking the bank. All these treatments have been scientifically proven to help with the pain. You will learn:- How to use heat and cold packs for quick pain relief.- Should you use a brace and if so when and what type you should use?- Which are the best supplements for osteoarthritis and which you should take?- Do you really need physical therapy and how can you get this vital treatment for your osteoarthritis without paying for it for the rest of your life?- Should you ever use drugs and if so what type should you use? She wraps up with a simple step by step osteoarthritis management plan for you to action- one designed for you and your lifestyle. Nothing is worse than feeling great mentally, but physically feeling held back from life because of your neck OA. Get your copy of Natural Treatment for Osteoarthritis in the Neck now and start living again!

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