



## 7 Steps to Overcoming Arthritis

*Gary Null*

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## **7 Steps to Overcoming Arthritis** Gary Null

It is estimated that over 40 million Americans suffer from some form of arthritis. Through the seven powerful steps presented in this book, one can learn how to change ones lifestyle and treat arthritis safely and naturally, using nutrients, supplements, a vegetarian diet and other proven healing methods.

Find out why the traditional use of drugs as suggested by the AMA doesn't work and what common allergies to food or chemicals can cause many forms of arthritis. Also, discover new treatments such as reconstructive therapy, acupuncture, chiropractic technique, magnetic therapy and yoga, and read about their effectiveness in the form of scientific, peer-reviewed studies.

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