

WINNING WITH ARTHRITIS

*A complete program for beating arthritis
from leading specialists...*

A must read for anyone who has arthritis...

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- Covers all types of arthritis and treatments
 - Gives advice on controlling back pain
- Shows specific exercises outlined for treatment
- Offers helpful devices essential for the arthritis sufferer
 - Easy to read...easy to understand

Harris H. McIlwain, MD
Joel C. Silverfield, MD
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Patrick Vollmar



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