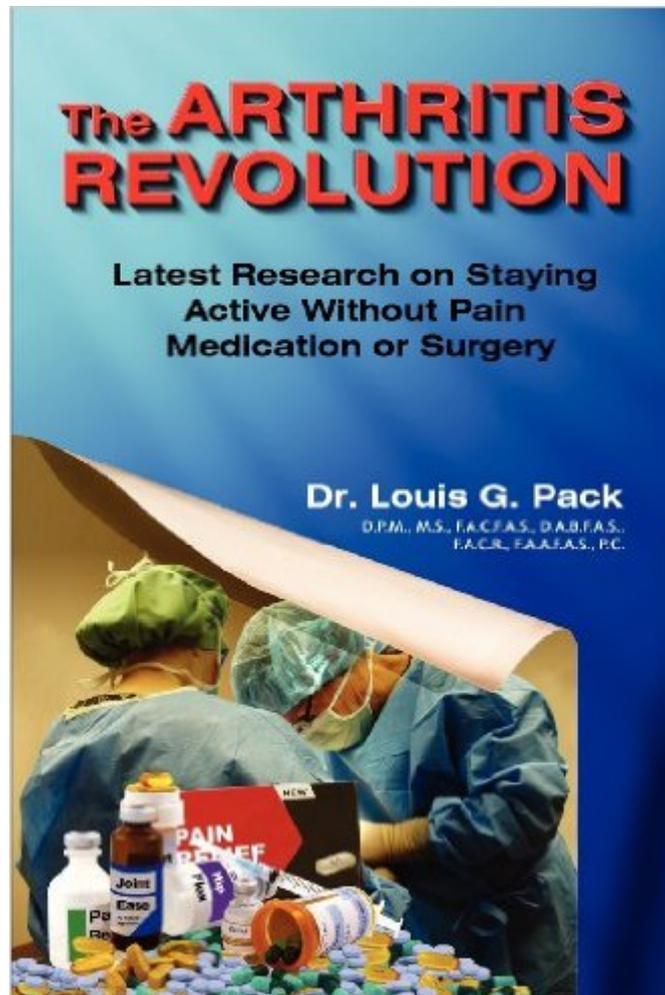


The book was found

The Arthritis Revolution



Synopsis

What is The Arthritis Revolution? With data from the Mayo Clinic and others, The Arthritis Revolution dispels the long standing myth that osteoarthritis is due to age and weight. There are 90 year old overweight individuals who have no knee pain, while others, younger and thinner, do. And joints that are replaced have to be replaced again. There must be other causes. Dr. Pack takes readers on a remarkable journey, clearly showing why and how osteoarthritis develops, and what can be done to eliminate pain and stay active, often without medications, dietary supplements or surgery. For some, The Arthritis Revolution will change their lives, like the thousands Dr. Pack has treated over 40 yrs. Employing principles Dr. Pack has used with some of the world's top athletes, you will also learn how to improve sports performance as you age.

Book Information

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Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #961,906 in Books (See Top 100 in Books) #57 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases](#) #421 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#)

Customer Reviews

Dr. Pack approaches the treatment of arthritis in an entirely different way. I have been lucky enough to be treated by him. HE believes that the feet are the most important part of the body in treating arthritis and that by aligning the feet properly, many arthritis pain can be avoided. Personally, I can say that his treatment has worked wonders for me.

A great book on how to improve your life with no surgery or medication. It is well written and easy to understand for readers with no medical background. Moreover, your life will improve if you follow what Dr. Lou Pack says

It is so good that more victims of arthritis are being encouraged to educate themselves about their disease and to use nutrition and exercise as their first line of defense in that battle.

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