



Arthritis: Diet Against It : The Successful Plan for a Pain-Free Life

James Scala

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Arthritis is one of the most common and disabling diseases in our society today. Dr. Scala, a leading medical researcher in the field of nutrition and health, has turned breakthrough scientific discoveries into an arthritis-relief diet that brings dramatic and lasting benefits. This book including a proven method for making pain-relieving food choices, menu plans, detailed advice on health supplements and the successful way to maintain lasting benefits.

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