



# **The Everything Health Guide to Arthritis: Get relief from pain, understand treatment and be more active! (Everything®)**

*Carol Eustic*

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Are you tired of battling joint pain, stiffness, and soreness? With *The Everything Health Guide to Arthritis*, you'll learn to manage your pain and enjoy being more active.

Carol Eustice, who has lived with arthritis for more than thirty years, gives you the strength and knowledge you need to:

- Work with your doctor to manage pain
- Explore alternative treatment options
- Stay healthy and active with proper diet
- Protect your joints
- Use exercise to improve range of motion.

With this helpful guide, you're just steps away from moving easier, feeling better, and improving your quality of life.

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