



## Too Young to Feel Old: The Arthritis Doctors 28-Day Formula for Pain-Free Living

By Richard H. Blau

Da Capo Lifelong Books. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.9in. x 5.9in. x 0.8in. Nearly 43 million Americans suffer with joint pain, and that pain dominates their lives. But even the oldest among us are far too young to feel this way and, in fact, you don't need to live like this. In *Too Young to Feel Old*, leading rheumatologist Dr. Richard Blau shows you what you can do to get instant relief. With a straightforward Arthritis Doctors Questionnaire that simulates a visit to a rheumatologist's office, you can determine the severity of your condition. From there, you will be able to personalize a 28-day program to help you reduce inflammation, maintain your range of motion, and decrease arthritic pain through one of the newest, most effective approaches known to modern science. The 28-day program provides you with: A four-week menu plan with nearly 100 delicious recipes that not only reduce common arthritis symptoms but also help you lose weight. Step-by-step illustrations guiding you through simple exercises that reduce joint pain and stiffness, strengthen muscles, and improve flexibility and endurance. A rundown of the latest breakthroughs in arthritis research, common treatments, and little-known alternative therapies. Everything you need...



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