

The Revolutionary Treatment Approach
to Finding the Causes of Your
Arthritis and Overcoming It for Good

ARTHRITIS BEGONE!

YOU CAN DO *MORE* THAN JUST DRUG THE PAIN

- recommended foods and supplements
- mind-talk to fight stress • hormones and NSAIDs
- hidden sources of arthritis • synergistic therapies

JOHN B. IRWIN, M.D.

Arthritis Begone

RJ Alexander



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