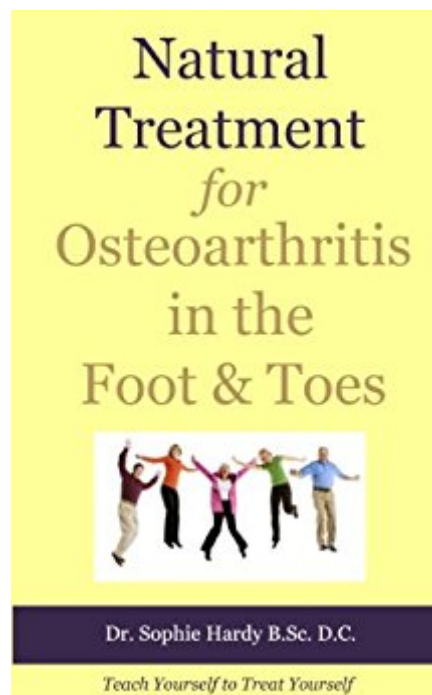




The book was found

Natural Treatment For Osteoarthritis In The Foot And Toes (Teach Yourself To Treat Yourself For Foot Osteoarthritis Book 1)



Synopsis

Natural Treatment for Osteoarthritis in the Foot and Toes is a concise, practical guide on osteoarthritis management. It is written in plain English with no medical jargon. There are step by step explanations and full colour diagrams on how to use all the treatments effectively throughout this easy to follow guide. Dr Sophie begins by answering the questions "What is osteoarthritis in the foot and toes?" and "What really causes your pain and stiffness?" Next she explains some simple life style changes to relieve your symptoms, such as:- When you should rest and when you should work through the pain and- How you can change your diet to reduce your pain while still having those foods you love! She goes on to teach you how to use all the different types of treatment for osteoarthritis which are recommended by the Arthritis Foundation- plus how to get them without breaking the bank. All these treatments have been scientifically proven to help with the pain. You will learn:- How to use heat and cold packs for quick pain relief.- Should you use a brace and if so when and what type you should use?- Which are the best supplements for osteoarthritis and which you should take?- Should you ever use drugs and if you should what type should you use?- Do you really need physical therapy and how can you get this vital treatment for your osteoarthritis without paying for it for the rest of your life? Finally and most importantly she will teach you how to self massage your affected joint. Massage is a proven therapy for osteoarthritis. It has been shown to reduce swelling and inflammation leading to less pain and stiffness. This treatment will allow you to do more with less pain. This is what one client said about this massage technique: "The massage technique was amazing- after only two days the stiffness when I got up in the morning was vastly improved." The final chapter wraps up with a simple step by step osteoarthritis management plan for you to action- one designed for you and your lifestyle. Dr. Sophie will teach you how to treat yourself and manage your osteoarthritis pain so you can get back to doing the things you love doing. Nothing is worse than feeling great mentally, but physically feeling held back from life because of your foot OA. Get your copy of Natural Treatment for Osteoarthritis in the Foot and Toes now and start living again!

Book Information

File Size: 668 KB

Print Length: 36 pages

Simultaneous Device Usage: Unlimited

Publisher: Dr. Sophie Hardy; 2 edition (October 25, 2012)

Publication Date: October 25, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B009WZX6XM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #687,904 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #44

inÂ Kindle Store > Kindle eBooks > Medical eBooks > Physician & Patient > Home Care #99

inÂ Books > Medical Books > Medicine > Home Care #464 inÂ Kindle Store > Kindle eBooks >

Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

Mostly boilerplate, not helpful at all. Had expected specific recommendations for toe and foot exercises, but all I got was what was already available free on the Internet.

[Download to continue reading...](#)

Natural Treatment for Osteoarthritis in the Foot and Toes (Teach Yourself to Treat Yourself for Foot Osteoarthritis Book 1) Five Little Ducks: A Fingers & Toes Nursery Rhyme Book: Fingers & Toes Tabbed Board Book (Fingers & Toes Nursery Rhymes) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Treat Your Own Hand and Thumb Osteoarthritis Alfred's Teach Yourself to Play Banjo: Everything You Need to Know to Start Playing the 5-String Banjo, Book, CD & DVD (Teach Yourself Series) Alfred's Teach Yourself to Play Mandolin: Everything You Need to Know to Start Playing Now!, Book, CD & DVD (Teach Yourself Series) Alfred's Teach Yourself to Play Piano: Everything You Need to Know to Start Playing Now!, Book & Online Audio (Teach Yourself Series) Alfred's Teach Yourself to Play Harmonica: Everything You Need to Know to Start Playing Now!, Book & Harmonica (Teach Yourself Series) Alfred's Teach Yourself to Play Bass: Everything You Need to Know to Start Playing Now!, Book & DVD (Teach Yourself Series) Teach Yourself Tap Dancing (Book + Audio CD) (Teach Yourself: Games/Hobbies/Sports) Alfred's Teach Yourself Chords & Progressions at the Keyboard: Everything You Need to Know to Start Playing Now!, Book & CD (Teach Yourself Series)

Complete Danish with Audio Disk: A Teach Yourself Guide: Course book + 4-hour audio recordings (Teach Yourself Language) Teach Yourself Beekeeping: The ideal introduction for anyone to become an amateur or professional beekeeper (Teach Yourself: Animals) Teach Yourself Electricity and Electronics, Sixth Edition (Teach Yourself (McGraw-Hill)) Teach Yourself Writing for Children and Getting Published (Teach Yourself Series) Understand Postmodernism: A Teach Yourself Guide (Teach Yourself: General Reference) Complete Portuguese: A Teach Yourself Guide (Teach Yourself Language) Complete Spanish with Two Audio CDs: A Teach Yourself Guide (Teach Yourself Language) Alfred's Teach Yourself to Play Mandolin: Everything You Need to Know to Start Playing Now! (Teach Yourself Series) Alfred's Teach Yourself to Play Harmonica: Everything You Need to Know to Start Playing Now! (Teach Yourself Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)