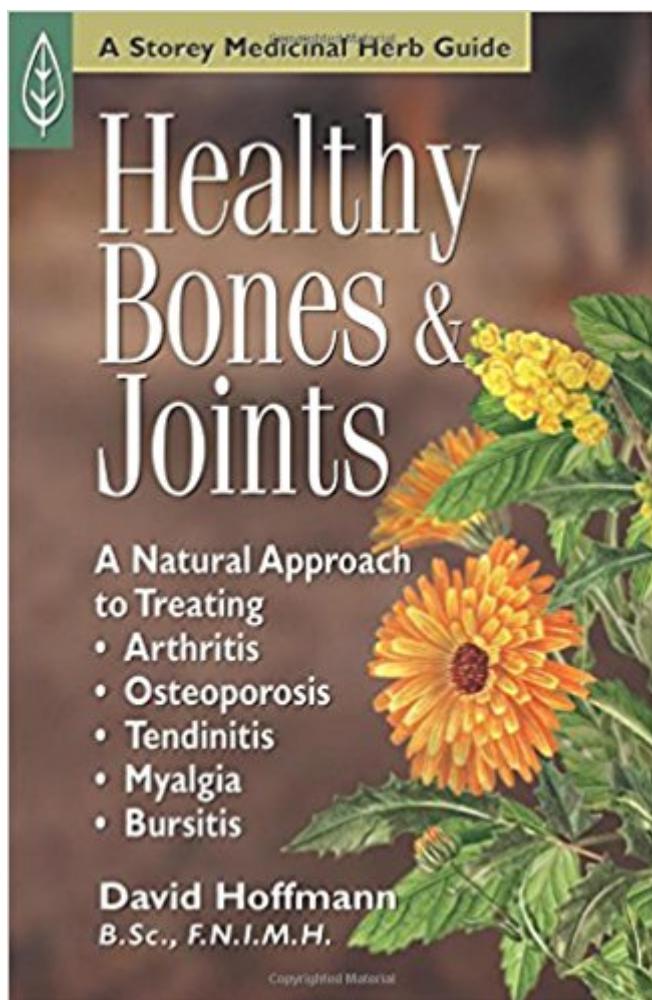


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# Healthy Bones & Joints: A Natural Approach To Treating Arthritis, Osteoporosis, Tendinitis, Myalgia & Bursitis



## Synopsis

Strengthen your bones and joints naturally! David Hoffman offers expert advice on how herbal treatments can help those suffering from arthritis, rheumatism, osteoporosis, and other musculoskeletal ailments. Detailed profiles of popular medicinal herbs and their healing properties, clear preparation instructions, and dosage guidelines, will help you create custom-tailored remedies suitable to your individual needs. Learn how to incorporate herbs such as meadowsweet, mustard, bay tree, and more into your daily regimen to help prevent and treat aching bones and stiff joints.Â

## Book Information

Series: Storey Medicinal Herb Guide

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Average Customer Review: 4.4 out of 5 stars 9 customer reviews

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## Customer Reviews

From a clinician with 22 years experience and a fellow of Britain's National Institute of Medical Herbalists, come four new guides to total herbal health. Each volume is a thorough exploration and study of the uses of herbs as preventatives and treatment. The series includes Healthy Heart, Healthy Bones & Joints, Easy Breathing, and Healthy Digestion.

Strengthen Your Bones and Joints Naturally! If you're one of the millions who suffer from arthritis, rheumatism, osteoporosis, and other diseases of the bones, connective tissues, muscles, and joints, you know how important a healthy musculoskeletal system is to your well-being. In this easy-reference guide, noted herbal clinician David Hoffmann shows you how to use easy herbal

remedies and simple lifestyle changes to prevent and fight bone and joint diseases. Healthy Bones and Joints provides:

- Clear explanations of how herbs such as meadowsweet, mustard, and bay tree can be used in daily regimens to help prevent bone and joint diseases.
- A thorough overview of common musculoskeletal conditions, from arthritis to osteoporosis, with discussion of a wide variety of preventive strategies and healing herbal formulas for each ailment.
- An A-to-Z directory of the herbs that are most helpful for the musculoskeletal system, along with preparation instructions and dosage guidelines.

Discover how nature's own medicine chest can help you enjoy a healthier life, increased vitality, and stronger bones and joints!

Yes, Arthritis is real. There is and has been natural ways of dealing with this devastating disease and this book steps in there to tell you what your doctor does not know. His expertise is drug therapy, he got educated by the drug companies. He is also controlled by the drug companies. A doctor went to jail for five years for prescribing herbs to a patient. This is a take charge book. Take charge of and be responsible for your own health. Healthy bones and Joints is a very good start. I gave it four stars because I know there is more to be said and wasn't. However what is there is fantastic. Do your joints a favor, by this book and READ IT and follow the suggestions therein.

I like the natural approach to handling health issues first. This book is full of practical and natural approaches to arthritis and bone health. If you are just getting concerned about achy joints it might pay for you to investigate less intrusive methods before running off to the side effect laden drug path. All natural and drug methods for that matter do not fit every one but trial and error is so much safer on the natural side of the fence.

if you are discouraged by the 'normal' meds to help with the pain...please do yourself a favor and get this book. it has been VERY helpful and useful for us especially since we are not pill popping people. thank you David Hoffman. book arrived super fast well packed. thanks.

I can't believe how easy this book was to follow and understand. Hopefully I will be able to glean what I need to make my life more comfortable! You will be amazed at what can help ... take time to read this one!

I like anything that has to do with herbs, I recommend it.

Good

This Is A Very Good Book,For Anyone Who Needs A Natural Approach To Treating Arthritis.It Is A Low-Cost Natural Approach To Treating Arthritis.

not enough information for someone who already has osteoporosis. However the book has info for anyone who is just starting to put together the pieces on these topics.

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Plan and Cookbook: How to Prepare and Combine Whole Foods to Prevent and Treat Osteoporosis

Naturally Food and Our Bones: The Natural Way to Prevent Osteoporosis Low Calorie & Fat:

Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy

Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1)

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