



The Complete Idiot's Guide to Arthritis

Amye Leong M.B.A.

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No one has to live with the pain

There are over 46 million Americans who suffer from some form of arthritis. Here, longtime arthritis sufferer and internationally renowned consultant Amye L. Long and medical expert in the field of arthritis Dr. Neal S. Birnbaum offer a clear, jargon-free, and comprehensive guide to understanding this disease.

? Includes detailed explanations of the various forms of the disease and symptoms, and how lifestyle can contribute to the severity of the conditions

? Describes the full range of traditional medical treatments from prescription drugs and physical therapy to surgery, as well as alternative treatments including supplements, super foods, and detox

? Coping methods such as meditation and lifestyle changes

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