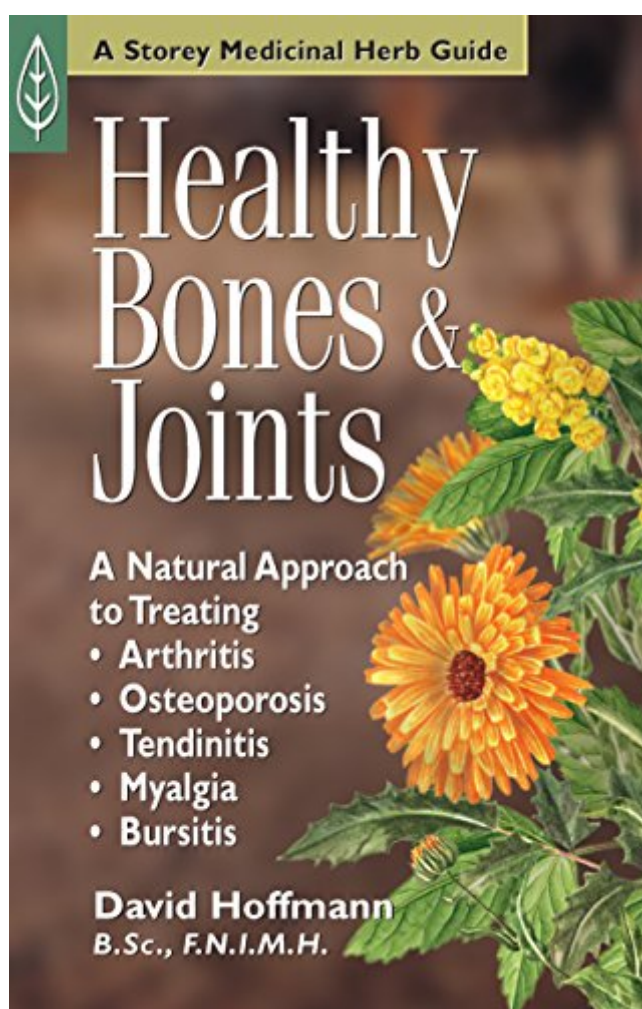


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# Healthy Bones & Joints: A Natural Approach To Treating Arthritis, Osteoporosis, Tendinitis, Myalgia & Bursitis (Storey Medicinal Herb Guide)





## 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 Â

## Book Information

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## Customer Reviews

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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(Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Indoor Herb Gardens: An Introduction To Growing Herbs Inside (Indoor Gardens, Indoor Gardening, Indoor Herb Gardens, Indoor Herb Gardening Book 1) Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) Herbs for Hepatitis C and the Liver (A Storey Medicinal Herb Guide) Medicinal Herbs: Aromatherapy, Essential Oils and Medicinal Herbs To Improve Your Health (Medicinal Herbs For Beginners Book 1) E N B R E L (Etanercept): Treats Ankylosing Spondylitis (AS), Juvenile Idiopathic Arthritis (JIA), Plaque Psoriasis, Psoriatic Arthritis, and Rheumatoid Arthritis (RA) Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses Resolving Osteoporosis: The Cure & Guide Book: A Referenced Guide to Your Body, Life, Mind, Bones, Prevention and Diet While Dealing With Osteoporosis Strong Women, Strong Bones: Everything You Need to Know About Preventing and Treating Osteoporosis Your Bones: How You Can Prevent Osteoporosis and Have Strong Bones for Life – Naturally Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally Container: Herb Gardening, Made Easy: How To, Grow Fresh Herbs, At Home, In Pots (Beginners, Guide, Green House Plan, Medicinal, Homegrown Use, Natural ... Tiny House, Backyard Farming Book 5) Natural Medicinal Plants: Use 12 of the Proven Medicinal Herbal Plants for Healing, Skin and Beauty Rheumatoid Arthritis Handbook: Arthritis Pain Relief and Prevention Through Holistic Healing (Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health) Bones, Bones, Dinosaur Bones Healing Remedies, More Than 1,000 Natural Ways to Relieve the Symptoms of Common Ailments, From Arthritis and Allergies to Diabetes, Osteoporosis, and Many Others! Healing Remedies: More Than 1,000 Natural Ways to Relieve Common Ailments, from Arthritis and Allergies to Diabetes, Osteoporosis, and Many Others!

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