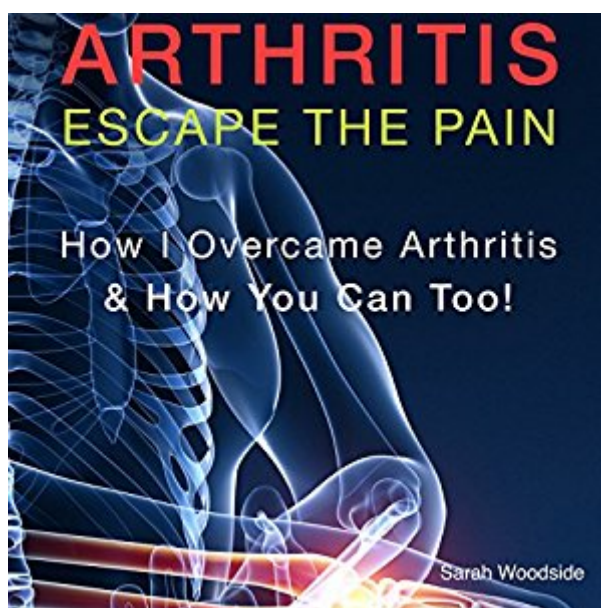


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# Arthritis: Escape The Pain: How I Overcame Arthritis & How You Can Too!



## Synopsis

Don't let arthritis rule your life - overcome it fast with easy practicable steps. New York Times best-selling author Sarah Woodside tells you how to escape the pain of arthritis. As someone who suffered from arthritis for many years before she found ways to reverse the curse and live a happy healthy life, she is perfectly placed to write a book from the perspective of an arthritis sufferer, and not a doctor who has never actually experienced how it feels. Sarah Woodside now advises arthritis research groups, as well as speaking at events around the world. Her simple but effective techniques have helped thousands of people relieve the pain of arthritis and live a normal life. Here's a preview of what you'll learn: Solving the curse of flare-ups The tiny changes that make a huge difference 15 ways to start healing today Learning how to eat properly can change everything Nightshades: the astounding difference this can make Easy exercises for arthritis sufferers Relieve the pain starting today And much more!

## Book Information

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## Customer Reviews

Some of this is familiar territory, but I definitely picked up some great and useful new ideas. Author is clear and sincere. One complaint - too many instances of saying "many studies are now indicating..." (or similar language). I'd like to have seen some sources cited, and very few were. Still, I like this book!

I don't personally have arthritis but my grandfather does. After reading this book I have a whole new understanding. The author starts off with her own personal story which is awesome to know the stuff

she is talking about is real and her actual experience. She explains the different types of arthritis and most importantly what you can do to make living with arthritis easier. Broken down into organized chapters the book was very easy to read. If you or anyone you know has arthritis this book is a must read!

Although I don't personally have arthritis my grandma has the condition. Also, I have read that 20% of the populations suffers it. With that I had a curiosity of this and this book provides a complete understanding of arthritis. The authors story is written very well. She explains the different types of arthritis and most importantly offers some great tips for minimizing the pain. The book is so well written and organized methodically into chapters so that anybody can follow it easily. By avoiding the complex medical terminology Sarah has addresses the average reader and makes it easier for us to grab the fundamentals and tips given in the book. For anybody having arthritis or if you have your closest have arthritis this is highly recommended to help you escape some of the pain.

Arthritis affects 1 in 5 people. It does not matter what their age is, but it also does not affect everyone the same way. This book takes the author's personal experiences and struggles and explains arthritis and treatment options that can make it more manageable. While there is medication out there, there are so many side effects that are worse than the disease itself. Her recommendations include natural treatments that make sense to help reduce the pain and inflammation or achieve the goal of putting into remission. This book is very encouraging because the topic can be very frustrating or embarrassing to deal with. She did all of the work to help improve her life with rheumatoid arthritis, and her book goes through the steps and tips and answers many questions regarding diet, exercise, and overall wellness. It will help those with arthritis, and it is easy enough for those currently without arthritis to try in order to live with a healthy lifestyle. This book is likely to be shared by my friends and family.

This book is really good. It has all right informations that can help people with arthritis. My aunt is sick and I got some great tips about easing the pain for her. It is sad because there is no medication for this ugly disease, I hope that this book will help everone!

I bought this book for my mother and I had a go at this book myself as well at my free time. I am extremely satisfied with the content provided and I must say that this is what I was exactly looking for in order to help my mother's condition. This book reminds you that every small thing counts and

it states simple steps to start healing today itself. The steps and tips provided are very reliable and practical content and I am sure that this book will be helpful for you to treat Arthritis and escape the pain in your body. The topics of Cleansing your system and Optimizing the cleanse really impressed me and I am looking forward to practice the food habits listed in this book for my own life as well. In general this book will help anyone in optimizing the health and peace in mind and I highly recommend this for others.

This book offers some great tips for those managing arthritis. Working in a long-term care facility, I know many residents suffer from arthritis and avoid moving due to the pain. Many of the tips implemented in this book are some of the same strategies that we use to help the residents manage their pain. The author simplifies arthritis so that everyone can implement her tips. By skipping out on the medical jargon, Sarah is able to reach out to and help more people who may have otherwise may have put down the book once the medical terms made an appearance. The idea of journaling to figure out what are some of your arthritis triggers I thought was an excellent tip, because it allows people to quickly start managing their arthritis pain, rather than guessing for years to come and having to just live through the pain. I can see this book helping many people being able to live without constant arthritis pain.

An interesting first-person account, but my main objections are:1. No page numbers!2. Cites studies, but gives no references, which sounds more like opinion rather than fact to me as a person with a degree in biochemistry.3. Writing is sloppy. It doesn't appear that this book was edited AT ALL. Lots of typos, omitted words, misspelled words, bad formatting, etc. To the author: it's hard to sound authoritative when your writing makes you look like an idiot. The only thing that redeems you is the constant observation that "your mileage may vary."This might be a good book for those looking to commiserate, but is not very authoritative. I would recommend "The Arthritis Cure" instead.

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Arthritis: An Ultimate Guide For Arthritis: (Symptoms of Arthritis, Rheumatoid Arthritis, Psoriasis Arthritis, Types of Arthritis, Cure for Arthritis) Arthritis: Escape the Pain: How I Overcame Arthritis & How You Can Too! You Can Do the Impossible, Too!: How One Man Overcame Touretteâ€™s Syndrome To Become an Acclaimed Professional Magician and How You, Too, Can Live Your Biggest, Boldest Life Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief,

stretching, back pain Book 1) Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses E N B R E L (Etanercept): Treats Ankylosing Spondylitis (AS), Juvenile Idiopathic Arthritis (JIA), Plaque Psoriasis, Psoriatic Arthritis, and Rheumatoid Arthritis (RA) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Rheumatoid Arthritis Handbook: Arthritis Pain Relief and Prevention Through Holistic Healing (Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health) Why Suffer?: How I Overcame Illness & Pain Naturally Too Fat, Too Slutty, Too Loud: The Rise and Reign of the Unruly Woman Anti Inflammatory Diet: Chronic Disease to Healthy Living - A Simple Guide (Chronic Pain, Arthritis, Joint Pain Book 1) The Haywire Heart: How too much exercise can kill you, and what you can do to protect your heart How I Achieved Freedom From Arthritis: Learn the secrets that can reduce pain and increase movement in Osteoarthritis MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) 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) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,)

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