



# 7 Steps to Overcoming Arthritis and Back Pain: A Practical Guide to Mental, Physical, and Spiritual Wellness

*Gary Null*

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## **7 Steps to Overcoming Arthritis and Back Pain: A Practical Guide to Mental, Physical, and Spiritual Wellness** Gary Null

Through the 7 powerful steps presented in this book, one can learn how to change one's lifestyle and treat arthritis safely and naturally, using nutrients, supplements, a vegetarian diet, and other proven healing methods. Find out why the traditional use of drugs as suggested by the AMA don't work, and what common allergies to foods or chemicals can cause arthritis or back pain. Also, discover new treatments such as reconstructive therapy, acupuncture, chiropractic technique, magnetic therapy and yoga, and read about their effectiveness in the form of scientific, peer-reviewed studies.

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