



Treating Arthritis: The Drug Free Way reissue (Overcoming Common Problems)

Margaret Hills, Christine Horner

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The Treating Arthritis books draw on more than 25 years of experience at the renowned Margaret Hills clinic, and have helped hundreds of thousands of people with arthritis. The new edition of this book looks at research which suggests that the Margaret Hills programme is effective in treating arthritis, with some patients having impressive improvements after just a few weeks. The link between exceptional stress and arthritis is also explored.

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