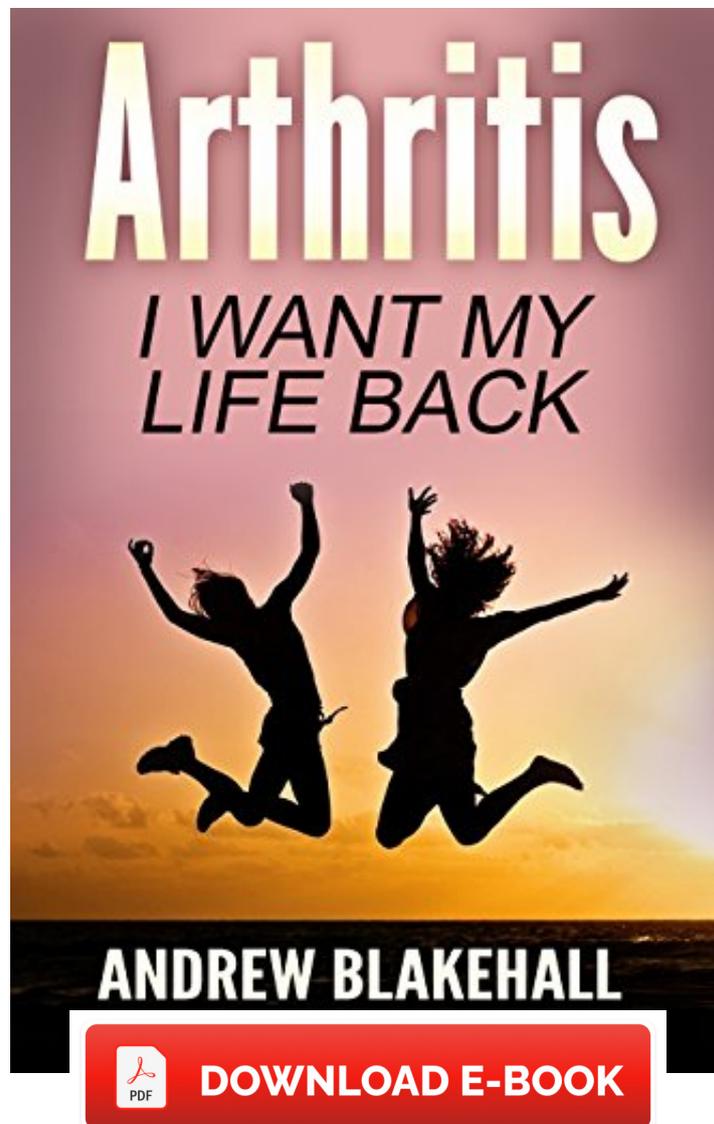


# **ARTHRITIS, I Want My Life Back!: How a New Viewpoint and a Few Life Tweaks Can Alleviate Your Arthritis and Revolutionize Your Well Being**

*by*

**Andrew Blakehall**



## **Synopsis**

After settling with the pain of osteoarthritis and rheumatoid arthritis for years, I finally reached a breaking point. I set out on a quest to find people who had totally overcome their diagnosis. After years of interviewing former sufferers, hounding them for advice, and modeling their lifestyles, I discovered something amazing: Arthritis is an ailment based primarily on conditions in the body. If you change your lifestyle to prevent the conditions, the arthritis will not manifest. In **ARTHRITIS, I WANT MY LIFE BACK**, I clearly explain the correlations I found. I offer a practical itinerary which will empower you to regain complete control of your arthritis, by changing the conditions which are causing it.





## **What people say about this book**

Jacqueline R., "Good to know;. Appreciate the simplified explanation of acid vs. Alkaline. Great starter list of food or recipes as well. Since my OA is pretty intense, I have yet to a solution. Your tips are good options to minimize my symptoms. Thank you."

Ambra B, "Good info!. I haven't started the three week plan just yet, but good info so far and i look forward to it."

Ebook Tops Reader, "Very good. I liked the assistance and support thou get if you are on kindle the first time. I enjoyed it alot."

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