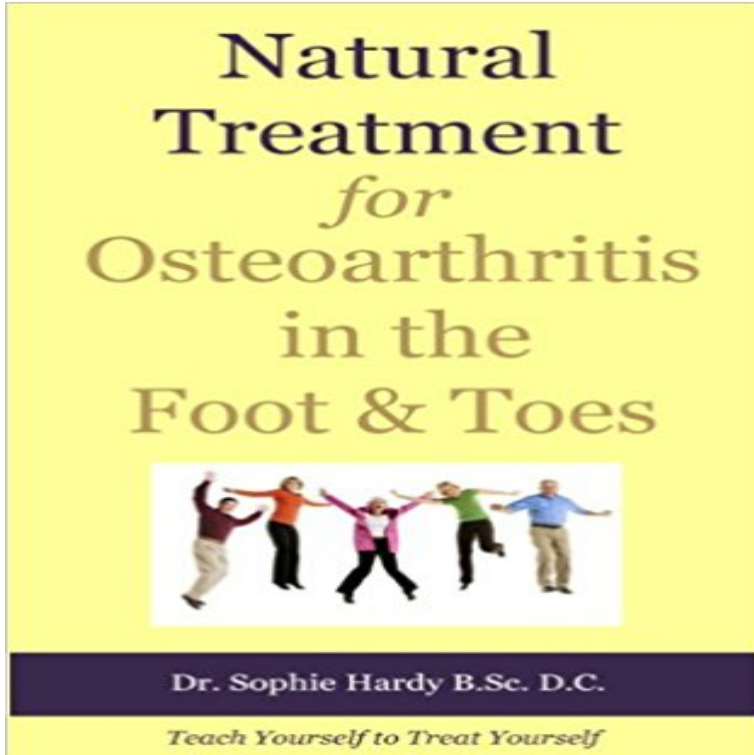


Natural Treatment for Osteoarthritis in the Foot and Toes (Teach Yourself to Treat Yourself for Foot Osteoarthritis Book 1)



Natural Treatment for Osteoarthritis in the Foot and Toes is a concise, practical guide on osteoarthritis management. It is written in plain English with no medical jargon. There are step by step explanations and full colour diagrams on how to use all the treatments effectively throughout this easy to follow guide. Dr Sophie begins by answering the questions What is osteoarthritis in the foot and toes? and What really causes your pain and stiffness?

Next she explains some simple life style changes to relieve your symptoms, such as:

- When you should rest and when you should work through the pain and
- How you can change your diet to reduce your pain while still having those foods you love!

She goes on to teach you how to use all the different types of treatment for osteoarthritis which are recommended by the Arthritis Foundation- plus how to get them without breaking the bank. All these treatments have been scientifically proven to help with the pain. You will learn:

- How to use heat and cold packs for quick pain relief.
- Should you use a brace and if so when and what type you should use?
- Which are the best supplements for osteoarthritis and which you should take?
- Should you ever use drugs and if you should what type should you use?
- Do you really need physical therapy and how can you get this vital treatment for your osteoarthritis without paying for it for the rest of your life?

Finally and most importantly she will teach you how to self massage your affected joint. Massage is a proven therapy for osteoarthritis. It has been shown to reduce swelling and inflammation leading to less pain and stiffness. This treatment will allow you to do more with less pain. This is what one client said about this massage technique: The massage technique was amazing- after only two days the stiffness when I got up in the morning was vastly improved. The final chapter wraps up with a simple step

by step osteoarthritis management plan for you to action- one designed for you and your lifestyle. Dr. Sophie will teach you how to treat yourself and manage your osteoarthritis pain so you can get back to doing the things you love doing. Nothing is worse than feeling great mentally, but physically feeling held back from life because of your foot OA. Get your copy of Natural Treatment for Osteoarthritis in the Foot and Toes now and start living again!

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