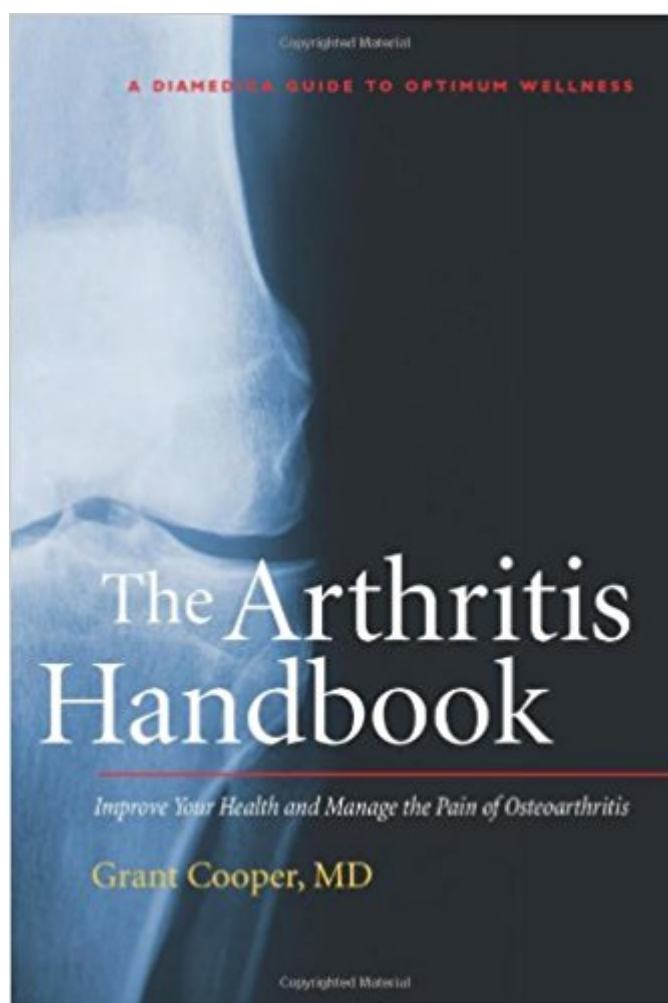


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# The Arthritis Handbook: Improve Your Health And Manage The Pain Of Osteoarthritis (A DiaMedica Guide To Optimum Wellness)



## Synopsis

According to conventional wisdom, arthritis pain is an inevitable part of aging. Not so, says Dr. Grant Cooper in this practical, accessible guide. For those who do develop osteoarthritic conditions, this book offers a blend of commonsense advice, dietary info, targeted exercise, and tips on useful supplements. According to the author, sufferers can often entirely avoid the use of medication, injection therapy, and surgery &#151; approaches that, when necessary, can be used as an opportunity to return to exercise and nutrition to slow the diseaseâ€™s progress. The book features easy, illustrated exercises, including aerobics and strength training, that can be done at home, at a gym, or under a trainerâ€™s or physical therapistâ€™s supervision. Nutritional and supplement strategies &#151; including glucosamine and fish oil &#151; are presented in detail, along with suggestions for ways to keep on track. Dr. Cooper not only explores each topic in depth but explains how it fits into an overall holistic treatment program.

## Book Information

Series: A DiaMedica Guide to Optimum Wellness

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## Customer Reviews

Grant Cooper, M.D., is a physical medicine and rehabilitation physician who specializes in the care of people with spine, sports, and musculoskeletal problems. He has a special interest in back and joint pain, and has published numerous articles and books in this area. He completed his residency at New York-Presbyterian Hospital, The University Hospital of Columbia and Cornell in New York City, and is currently in the department of orthopedics at Beth Israel Medical Center in New York

City. Dr. Cooper has received national and international recognition for his research on the diagnosis and treatment of musculoskeletal disorders. He is the co-editor-in-chief for the journal *Current Reviews in Musculoskeletal Medicine*. As the host of "Back Pain Radio" (World Talk Radio), Dr. Cooper emphasized the concept that understanding your health problems and what you can do about them empowers people to make lasting changes for a healthier life. This book is intended to help his readers achieve that goal.

The book is easy to read; it does a good job on explaining the different terms related to this disease; Part III of the book covers various exercises to help treat different parts of the body - I did not find this section very interesting since I have been to physical therapy and performed the majority of these exercises; I enjoyed Part II which covers Nutrition and Part IV which covers Supplements; Overall I would recommend this book for the person that want to gain a general understand of the disease and what you can do to treat it.

I have been suffering from arthritis pain for a long time. As a Registered Nurse, I found Dr. Grant Coopers' book well written and explanatory. This book was very helpful in aiding me in changing my nutritional habits that were causing inflammatory flare-ups. This book is filled with so much knowledge, it is a must read for everyone with suffering with arthritis. I am glad I did.

The title promises information that if available, is buried in the wordy text. Sidebars in a ben-day screen are helpful but lavish use of illustrations which are space fillers spoil the continuity. The author's original intent was a good one.....what happened?

okay

I am looking for something more in details. So I am able to follow some exercises to help my problem.

Found it very interesting and quite informative. I will use the information to modify my diet and hope it will help with arthritic pain. Have recommended it to friends already.

I got the book for my mum and it's really comprehensive. It explains the condition, diet and exercise. I like it.

I was initially impressed with the information and ideas in this book. But they could have been expressed in 3 chapters - the rest of the book was just pictures of exercises that the author suggests. This should have been incorporated into a supplement at the back of the book. It was not what I wanted to have to see every possible permutation in pictures and largish pictures at that. I think the blurb on the book could have mentioned that this was mainly a text of different exercises that as the author keeps stressing MAY be of use.

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Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Anti Inflammatory Diet: Chronic Disease to Healthy Living - A Simple Guide (Chronic Pain, Arthritis, Joint Pain Book 1) Water Fasting For Wellness: How To Start Your Very Own Water Fast For Optimal Health, Wellness and Longevity Colon Health and Wellness: The Ultimate Guide to Colon Health the Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing)

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