



Stiff Joints

By Madison King

Author Essentials. Paperback. Book Condition: new. BRAND NEW, Stiff Joints, Madison King, Can you get up groan free from your armchair? Do you avoid getting down on your knees because you need major scaffolding to get you back up? Stiff and aching joints can lurk behind the corner for us all. Be it caused by arthritis, uric acid, fibromyalgia or just 'wear and tear'. Let Madison share some practical self-help techniques, based on diet, energy medicine and common sense. They stand by themselves or support any treatment you may be receiving.



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Reviews

A fresh e book with an all new viewpoint. It can be rally exciting through studying period of time. You will like the way the writer write this publication.

-- **Tania Cormier**

An extremely wonderful pdf with perfect and lucid information. Better then never, though i am quite late in start reading this one. I realized this publication from my dad and i recommended this publication to understand.

-- **Clinton Johns DDS**