



# How to Eat Away Arthritis: Gain Relief from the Pain and Discomfort of Arthritis Through Nature's Remedies

*Laurie M. Aesoph*

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## **How to Eat Away Arthritis: Gain Relief from the Pain and Discomfort of Arthritis Through Nature's Remedies** Laurie M. Aesoph

A guide to alleviating arthritis through diet, rather than expensive drugs and equipment. The method is based on the avoidance of certain inflammation-generating foods and their replacement with restorative foods. Many case histories are included.

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