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STIFF JOINTS



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...

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