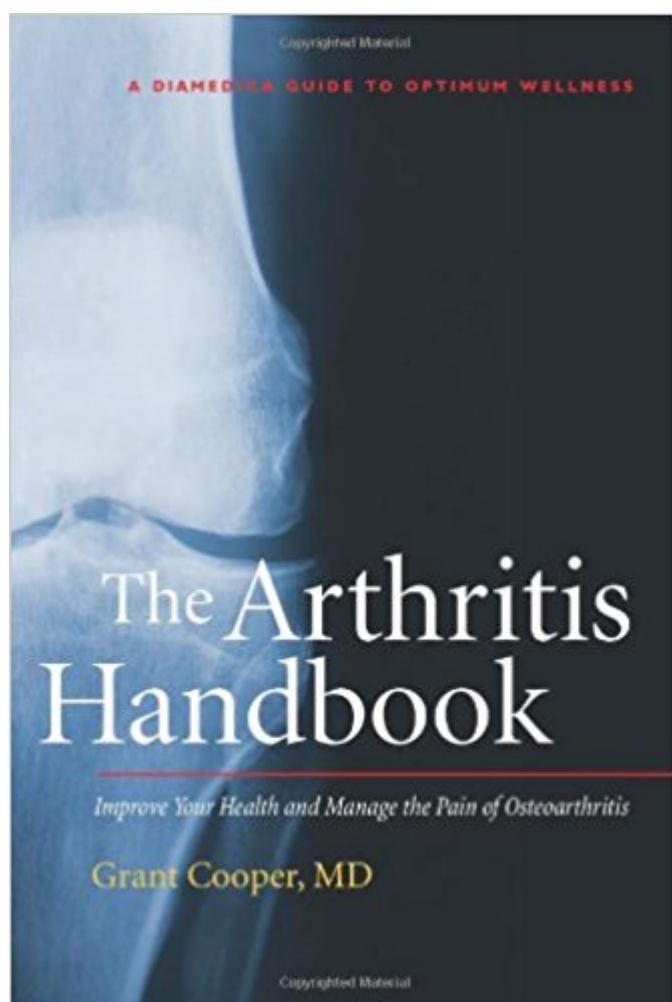


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# The Arthritis Handbook: Improve Your Health And Manage The Pain Of Osteoarthritis (A DiaMedica Guide To Optimum Wellness)



## 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

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## Customer Reviews

As an arthritis sufferer I was delighted to receive a review copy of The Arthritis Handbook which I read over the last couple of days. A slim volume, it is a cornucopia of information and I intend to keep it at hand. Dr. Grant Cooper has written a concise, clearly understandable guidebook for managing arthritis to achieve the best quality of life. I realized while reading that when I was running fifty miles a week I was doing everything he suggests. The onset of fibromyalgia set me back

tremendously but there is no reason I, and anyone who has arthritis, cannot slowly introduce the changes Dr. Cooper enumerates. The brilliance of this book is that, while making arthritis more tolerable, it also will improve your overall health. The book is divided into five sections. The first is a brief explanation of the workings of your joints and how arthritis develops. The second through fifth are the remedial portions. Dr. Cooper addresses nutrition and his recommendations are in line with those for good health in general. Arthritis sufferers need antioxidants even more than others and there is a list of the most antioxidant-rich foods. Essentially you need to add a large variety of fresh fruits and vegetables to your diet. You also need to add more cold water fish as the omega 3 fatty acids are important. You should limit your red meat consumption. All these and the others mentioned are common sense not just for our health but also for the health of the planet. If, as Dr. Cooper suggests, you begin to adjust your eating habits slowly you CAN reach your goal of a healthier diet. Part III deals with exercise. Counterintuitively it is important to move the affected joints.

Dr.

The Arthritis Handbook is a book that I wish had been available 40 years ago and that I would have been smart enough to follow. Other than folk medicine books, I don't recall much in the way of medical advice for the general public back then. I assumed I would have to follow that path of my elders, that arthritis was a part of aging, and there would be a cane in my future. Dr. Grant Cooper has written a very accessible book about osteoarthritis, one that has relevance for all age groups. For the young, it provides a plan to minimize one of the probable effects of aging. For seniors, it is a guide to ameliorating the effects of arthritis. One of Cooper's goals is to help the reader make lifestyle changes and the book is written and organized to give the reader the information to make those changes. In Part I, Dr. Cooper describes how joints work and how arthritis begins. Some readers might be tempted to skip this part and go directly to the chapters that give action plans for the reader to follow. That would be a mistake. That would be a mistake. Knowing how the joints work and how arthritis sets in provides a foundation for the subsequent chapters particularly those describing exercise. Nutrition is covered in Part II. The advice is not faddish and clearly presented. It might be the most difficult aspect of ones life to modify but the author makes a compelling case and relates the effects of diet to the information on joints and arthritis provided in Part I. Dr. Cooper describes why and how he modified his own eating habits which contributes to the effectiveness of the message that proper nutrition plays a major part in preventing the onset of arthritis and easing the effects of an existing condition.

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