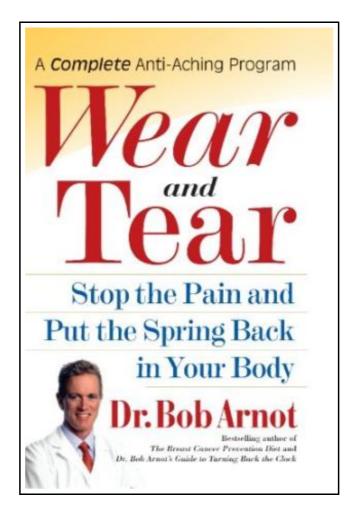
# Wear and Tear: Stop the Pain and Put the Spring Back in Your Body



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### **Reviews**

The ebook is straightforward in read through preferable to comprehend. It is definitely simplified but shocks within the fifty percent of your pdf. Your lifestyle span is going to be transform when you total reading this publication.

(Dr. Jarrett Bednar)

### WEAR AND TEAR: STOP THE PAIN AND PUT THE SPRING BACK IN YOUR BODY



Simon & Schuster. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.3in. x 5.5in. x 0.7in.Feeling old and creaky Everyday wear and tear can erode your joints and stiffen your ligaments and tendons, and can even lead to arthritis. Bestselling author Dr. Bob Arnot designed a revolutionary program to overcome his own advanced case of wear and tear, and his findings can help you get on the move too. His exciting new blueprint will dramatically improve your strength and vigor, help you become more supple and limber, and put the spring back into your step. Whether you are sixty years old or twenty, this book can help you beat wear and tear. Based on the latest scientific research and decades of Dr. Arnots own experience, Wear and Tear includes easy-to-follow guidelines to help you select the right shoes, incorporate highly effective new supplements into your diet, and kill the pain associated with sore joints and even moderate arthritis. For the more athletic, Dr. Arnot provides a regimen of nutrition, diet, and exercise to reverse joint damage. Youll even find customized yoga poses and a chapter on joint-friendly sports. Dr. Bob Arnot will show you how to slow, stop, or even reverse the effects of wear and tear. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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