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Titolo	Arthritis : a self-help guide to feeling better / / Wendy Green ; foreword by Susan Oliver
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ISBN	1-78372-697-0 1-78372-695-4
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Sommario/riassunto	In this easy-to-follow book, Wendy explains how genetics, age, infections, diet, excess weight, previous injuries and stress contribute to arthritis and offers practical advice and a holistic approach to help you deal with the symptoms.