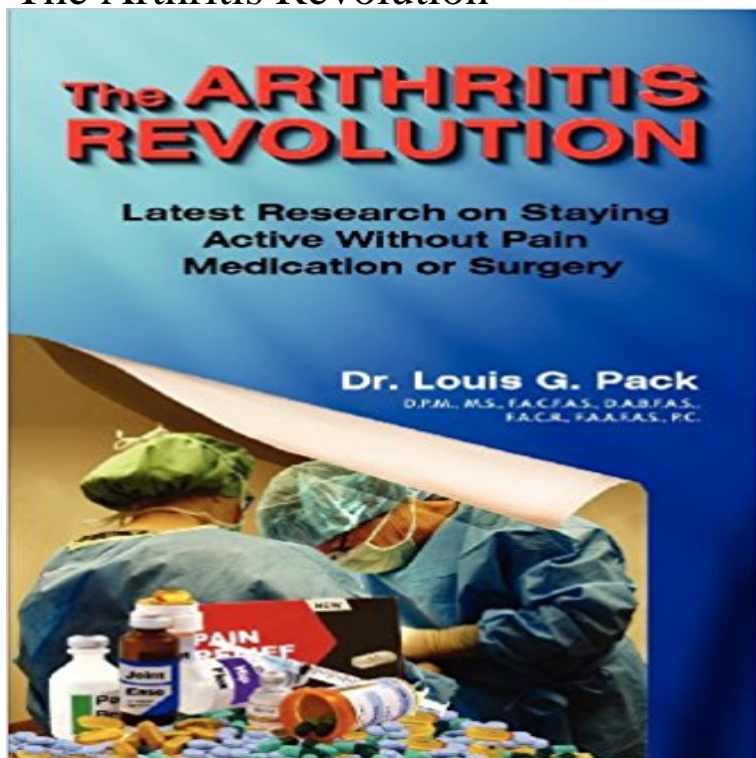


## The Arthritis Revolution



What is The Arthritis Revolution? With data from the Mayo Clinic and others, The Arthritis Revolution dispels the long standing myth that osteoarthritis is due to age and weight. There are 90 year old overweight individuals who have no knee pain, while others, younger and thinner, do. And joints that are replaced have to be replaced again. There must be other causes. Dr. Pack takes readers on a remarkable journey, clearly showing why and how osteoarthritis develops, and what can be done to eliminate pain and stay active, often without medications, dietary supplements or surgery. For some, The Arthritis Revolution will change their lives, like the thousands Dr. Pack has treated over 40 yrs. Employing principles Dr. Pack has used with some of the worlds top athletes, you will also learn how to improve sports performance as you age.

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