



# Arthritis and Common Sense (Fireside Book)

*Dale Alexander*

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**Arthritis and Common Sense (Fireside Book)** Dale Alexander

Medical Self-Help/Health

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In these pages, the arthritis sufferer will find a simple dietary plan that may help to alleviate the pains and symptoms of this disease, without the use of drugs of any kind. The overwhelming success of *Arthritis and Common Sense* and the thousands of grateful letters that pour in to its author prove the effectiveness of his safe and sensible approach. Dale Alexander offers a list of menus, a day-by-day breakdown of meals, and a plan of good eating for an entire week. His simple, nontechnical explanations, large type for easy reading, plus helpful illustrations ensure that every reader will quickly and easily understand what Mr. Alexander believes to be the causes and effects of arthritis and learn how he proposes to obtain relief.

In the thirty years since it was first published, *Arthritis and Common Sense* has become the best-selling book on arthritis ever written. And it will continue to be read by arthritis sufferers everywhere, because readers tell us this commonsense method works.

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