



# How to Conquer Arthritis (A consultation with Dr Vernon Coleman)

*Vernon Coleman*

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## **How to Conquer Arthritis (A consultation with Dr Vernon Coleman)** Vernon Coleman

Outlines the most common forms of arthritis, its causes and how to control the pain. This book also advises on how to adjust your lifestyle and diet to help cope, and looks at homeopathy, acupuncture, hypnotherapy and conventional remedies.

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