

# **BESTSELLER GUIDE**

# **PAIN**

**IN RHEUMATOID ARTHRITIS &  
OSTEOARTHRITIS.**

**Editor:**

**Eric EH Buddhadharma**

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This book is a guide and not an alternative to any medical book or a licensed physician.

## Part-I

Preface

Introduction

What is Rheumatoid Arthritis?

Causes of Rheumatoid arthritis

Symptoms and damages to the body

Tests and diagnosis

Conventional treatment for RA

Alternative medicine treatment

Nutrition guide

Self-care and discipline

Exercises and movements

## Part-II

HLA B27 antigen

## Part-III

Osteoarthritis,

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## **Part-I**

### PREFACE

*Thank you for buying this book to cure yourself of this dreaded and painful disease. Many of you may have already spent a fortune trying to find a cure for, at least, to get relief from the pain that you encounter round the clock, each day of your life. First, you suffer from the disease, and then you spend a good amount of*

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