

LIVE WITHOUT ARTHRITIS PAIN— WHAT THE MEDICAL ESTABLISHMENT HASN'T TOLD YOU!

Dear Friend:

It's got to stop!

Too many of us believe that the debilitating pain of arthritis is a necessary consequence of aging. To say it as bluntly as possible—and I'm ready to back it up with all the proof you need—"BULL!"

Plain and simple: arthritis pain can be prevented or reversed at any age, for anyone—from a high school athlete to a sedentary 80 year old. The proof is real and compelling. Whatever your age, whatever your activity level, past or present, you can make the pain stop, or never give it a chance to get started.

If like many of my friends and colleagues, you fall into the category of "doubting Thomas," let me invite you to unleash this powerful approach to pain-free living at absolutely no risk or obligation. (More on that in a moment.)

Everything you need to know about waging a successful attack against arthritis is detailed in this amazing book, *How To Fight Arthritis & Win*. I don't use the word amazing lightly, but this book goes beyond any approach to arthritis ever before published or compiled. It takes one tact and one tact only—WHAT'S BEEN PROVEN TO WORK. *How to Fight Arthritis & Win* is filled with specific recommendations that have brought relief to thousands upon thousands of arthritis sufferers. **And equally phenomenal, its strategies and remedies have rescued thousands from what they had previously been led to believe—"arthritis pain comes with growing old."**

This book is written to be used. It's written for every day readers...every day arthritis sufferers...every day Americans who want to live pain free. It will become THE resource you refer to and recommend to family and friends. Let me give you a few examples why:

- **You don't have to change your life** to enjoy relief or ward off pain. Doing a few exercises a day...adding or eliminating even one type of food...taking a breakthrough over-the-counter supplement—any one of these strategies—can make a world of difference. In a matter of weeks, chronic, debilitating pain disappears or becomes a minor, now-and-then pang.

- The practices and remedies suggested are **easy to follow**. Recommended foods are available in any supermarket. And virtually all the supplements

are on the shelves of your local pharmacy or health food store.

- The book's **best-selling author, William L. Fischer**, has been on a lifelong quest to help Americans take control of their bodies and their lives. He has written 13 other books, which have sold hundreds of thousands of copies. Here are the facts, the figures and the findings about arthritis pain remedies—many known and successfully used for centuries. **They are part and parcel of complementary medicine—the other half of the good-health equation that conventional doctors often chose to ignore, despite its track record.**

I said a moment ago that I wanted to eliminate any doubts you might have. So, as publisher of *How to Fight Arthritis & Win* I am making it available to **you risk free for ONE FULL YEAR**. Use it, dog-ear it, make notes in it for a whole year, and if you do not find genuine arthritis relief and prevention from it's suggestions, then I insist you return it to us for a total refund. Let me give you a preview of the hundreds of easy-to-do suggestions that await you:

- A foolproof, two-pronged approach to beating arthritis.** Attack it from "the inside out" with the right foods and dietary supplements for you. Attack it from "the outside in" with exercise, bodywork and topical formulas.

- Step-by-step guidelines for creating your personal arthritis management plan.** You, the one who knows yourself and your body best, decide what you do and what you don't do—not the FDA or any other beauracracy. Mixing and matching the recommendations outlined in this book, you can create a fully customized plan that puts you on the road to an arthritis-free life well into your 80's, 90's, or beyond.

- Simple-to-follow exercises that ease pain and restore your spirits**—some literally take seconds. You'll discover how to nip stress, a major trigger of arthritis flare-ups, in the bud with spillover benefits to your heart and lungs.

- Case studies that provide facts and hope on stopping arthritis** No namby/pamby fake-feel-good stuff here. Just example after example of successes and how you can adapt them to your lifestyle and your personal arthritis fighting strategies.

- A quick checklist to keep your body**

lubricated—an essential for fighting pain.

Like any machine, without proper lubrication, the body is in danger of serious malfunction. In humans, that spells arthritis pain. You'll learn which foods and topicals provide and restore much-needed lubricants

- A compendium of Eastern food cures that strengthen joints and ease pain.** Many remedies, such as green tea, mushrooms, tofu and chili peppers have track records of success that long pre-date Western medicine. Add one or more of them to your diet and feel the difference.

- A detailed analysis of arthritis-fighting supplements.** Different supplements offer different relief. Some work best in combination. For example, glucosamine can do wonders for cartilage but taken alone it won't make your pain disappear. You'll discover which supplements to take. How often to take them. And in what combination.

As you can see, there are many reasons for you to take me up on my invitation to try *How to Fight Arthritis & Win* for one year, risk-free. But none is more important than preserving your quality of life not just now, but 10, 15, 20 years from now. That's exactly what this book does. It shows you how to **live without arthritis, however long you live**. So please order now. There are three easy ways to secure your copy. Choose the one that works best for you:

- Order toll-free by phone 1-888-821-3609 and ask for code ????

- Order online: www.agorahealthbooks.com

- Order by mail. Write *How to Fight Arthritis & Win* on a piece of paper, with your name, address and phone number (in case we have any questions.) Enclose a check for \$19.95 plus \$5 for shipping and handling and mail it to: **Agora Health Books, Dept. XXXX, P.O. Box 977, Frederick, Md. 21705-9838**

Sincerely,



Alice E. Jacob
Publisher

P.S. *How to Fight Arthritis & Win* WILL make a difference in your life. It will stop or prevent arthritis pain whatever your age. Please take me up on my one-year, risk free invitation and order today.