



Wear and Tear: Stop the Pain and Put the Spring Back in your Body

Dr. Bob Arnot

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Wear and tear erodes your joints and stiffens your ligaments and tendons. It's the main reason many of us feel old and creaky. Bestselling author Dr. Bob Arnot designed a revolutionary program to overcome his own advanced case of wear and tear, one that had led to arthritis.


His exciting new blueprint dramatically improves strength and vigor, helps you become more supple and limber, and puts the spring back into your step. Whether you are sixty years old or twenty, this book can help you beat wear and tear.

Based on the latest scientific research and decades of his own experience, Dr. Bob Arnot's easy-to-implement plan provides the steps to repair damaged joints, muscles, and ligaments and eliminate the pain associated with infirmity and injury.

Wear and Tear includes easy-to-follow guidelines to help you select the right shoes, incorporate highly effective new supplements into your diet, and kill the pain associated with sore joints and even moderate arthritis.

For the more athletic, Dr. Arnot provides a regimen of nutrition, diet, and exercise to reverse the damage to joints and overcome *stiff man syndrome*. You'll even find customized yoga poses and a chapter on joint-friendly sports.

Dr. Bob Arnot will show you how to slow, stop, or even reverse the effects of wear and tear.

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