



# Arthritis Rx: A Cutting-Edge Program for a Pain-Free Life

*Vijay Vad M.D.*

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## **Arthritis Rx: A Cutting-Edge Program for a Pain-Free Life** Vijay Vad M.D.

Arthritis does not have to mean a lifetime of prescription medications or debilitating pain. Dr. Vijay Vad, who has been on the cutting edge of arthritis research and treats many of today's star athletes, has developed a proven system for easing arthritis through lifestyle changes.

A revolutionary three-part approach, the *Arthritis Rx Plan* details:

- The best nutritional and other supplements for managing arthritis
- The Arthritis Rx Diet—including an anti-inflammatory nutrition plan and a sample week with meals, recipes, and exercises
- The Arthritis Rx exercises—three step-by-step exercise series, ranging from a gentle motion regimen to a strenuous core body workout, all demonstrated through over one hundred precise photographs.

Dr. Vad's patients are proof: In just fifteen minutes a day for eight weeks, tremendous healing and joint strengthening can occur using the exercises in combination with the Arthritis Rx nutrition and supplement plan. For the more than 43 million Americans battling this debilitating ailment, *Arthritis Rx* is a breakthrough prescription.

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