



Diet for a Pain-Free Life: A Revolutionary Plan to Lose Weight, Stop Pain, Sleep Better and Feel Great in 21 Days

Harris H. McIlwain, Debra Fulghum Bruce

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Do you wake up each morning aching with joint or muscle pain? Have you been trying to lose stubborn belly fat for years? Do you wish you could be active without pain medications? Look no further: Diet for a Pain-Free Life is the simple-to-follow, doctor-designed solution to improve your health. Leading rheumatologist, Dr. Harris McIlwain shares his revolutionary prescriptions in this first proven lifestyle plan that will help you drop pounds and decrease pain at the same time. Losing just 10 pounds can reduce chronic pain by as much as 90 percent. Learn the secrets of how to: Eat Well and Lose Weight with the Pain-Free Diet—even if you've never been able to succeed on a diet before Exercise Your Pain Away—even if you dislike traditional exercise, or if your pain makes movement difficult Stop the Stress-Pain Connection—even if you're overworked and easily stressed Improve the Quality of Your Sleep—even if you suffer from insomnia or other sleep conditions Those who have followed Dr. McIlwain's program have been able to resume the activities they love and transform their lives in as few as 21 days—now you can too.

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