

Author of *The Immune System Recovery Plan*



# Healing Arthritis



Your 3-Step Guide to Conquering Arthritis Naturally

- Treat rheumatoid arthritis, osteoarthritis, and more
- Heal your gut to heal your joints
- Reduce inflammation without medication



## Susan Blum

M.D., M.P.H.

with Michele Bender



Foreword by Mark Hyman, M.D.

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