



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

By Dr. Bob Arnot

Simon & Schuster. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.3in. x 5.5in. x 0.7in. Feeling old and creaky? Everyday wear and tear can erode your joints and stiffen your ligaments and tendons, and can even lead to arthritis. Bestselling author Dr. Bob Arnot designed a revolutionary program to overcome his own advanced case of wear and tear, and his findings can help you get on the move too. His exciting new blueprint will dramatically improve your strength and vigor, help you become more supple and limber, and put 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 Dr. Arnot's own experience, *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 joint damage. 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...



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