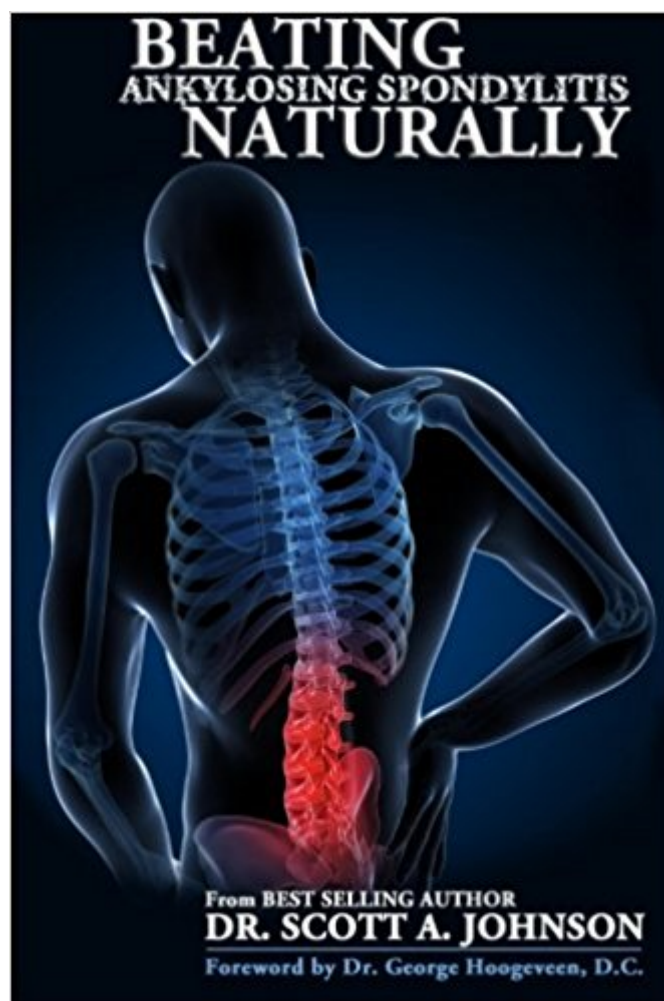


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# Beating Ankylosing Spondylitis Naturally



## Synopsis

An essential guide for AS patients, their loved ones, and physicians who want to discover the research and evidence-based natural options to beat ankylosing spondylitis naturally. Explore the intricacies of ankylosing spondylitis and how it affects the body with someone who actually has AS. ~ Learn the connection linking AS, eating, and gut health and how being armed with this knowledge may help you reduce AS symptoms. ~ Examine evidence-based natural remedies to quiet inflammation, soothe pain, and manage the various complications associated with AS. ~ Discover lifestyle modifications that can ease your suffering. ~ Investigate exercises to preserve back flexibility, strengthen the core, and reduce pain. ~ Realize how you can enjoy a fulfilling and satisfying life despite having AS.

## Book Information

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## Customer Reviews

Scott Johnson is the bestselling author of five books and more than 250 articles featured in online and print publications. He holds a doctorate in naturopathy and is a board certified Alternative Medical Practitioner (AMP) and Certified Clinical Master Aromatherapist (CCMA). His evidence-based approach to natural healing, experience conducting medical research, and ability to unite the art of natural healing with science, makes him a leading expert in natural medicine. Scott draws on his wealth of experience and diverse educational background as he travels the globe to share the secrets of natural healing with those who seek greater wellness.

Received this book yesterday and didn't put it down till I was finished. Very informative. Easily understood. Finding out recently that I had AS really had me scared. I do have considerable pain sometimes in back and left leg. I have been doing yoga for years, but was afraid some of the poses I had been doing might be making things worse. I had been doing all the ones pictured in the book except for a couple. I think I understand now the ones I probably shouldn't be doing. I had spoken with the physical therapists at the gym I go to, asking about exercise and all they told me was if it hurts don't do it. I couldn't help but think there was more to it than that. Also I am adding some of the products he recommends in the book. I have been switching between aleve, which only works for about 6 hrs, and ibuprophen which helps me the most. Hoping I can cut back on any OTC meds in the future with use of some of the Dr.s recommendations. The exercises really do help a lot. After reading the book I'm hoping I can manage my AS as well as Dr. Johnson. I highly recommend this book.

The most thorough thing I've read. The tips are wonderful and it walks you through dealing with the MYRIAD issues that can come up w/AS. The only thing I didn't like was the mention of a man the doc knew who died of AS complications and the suggestion that women are harder to treat -- this is not useful information.

Very informative and easy to read book for dealing with Ankylosing Spondylitis naturally through diet, exercise, and supplements. The suggestions in this book have helped me tremendously, and I am thankful to have found an alternative to immunosuppressant drugs! There is very little info out there on natural treatment of AS, and this book has it all...written by a doctor who has AS!!

This book is full of a broad range of strategies for managing the symptoms of AS, regardless of how progressed the disease may be for an individual. It's very informative and thorough, yet easily understood. I plan to implement many of these recommendations into my daily routine.

Great information with exercises and supplements. Would like more information about essential oils, where to find them and where to find top notch supplement businesses.

Well written, easy to understand. Love that she is an MD and also an Ankylosing Spondilitis sufferer who has found a way that has dealt with the source of the issues and not the symptoms.

Very interesting book. You can pick up information and use for other conditions too.

This book is interesting, easy to understand. I enjoyed reading it and I know how to take better care of myself now.

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