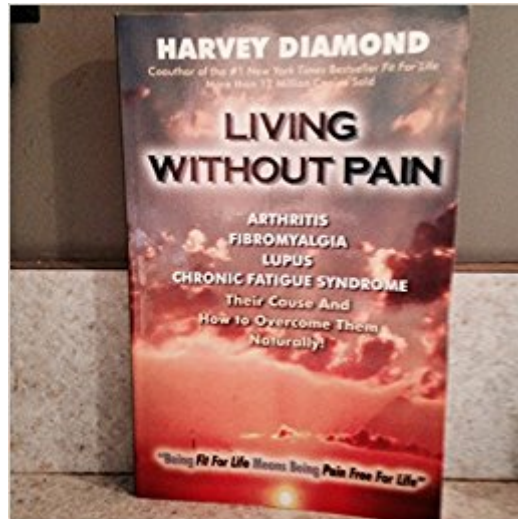




The book was found

# Living Without Pain



## Book Information

Paperback

Publisher: VP Nutrition; First Edition edition (2005)

ASIN: B002E6L520

Package Dimensions: 8.4 x 5.5 x 1 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #2,907,945 in Books (See Top 100 in Books) #59 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus](#) #559 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #11105 in [Books > Health, Fitness & Dieting > Women's Health](#)

## Customer Reviews

I tell everyone who will listen that food combining is so important. I had very painful, spasms in my heel from tendonitis for a long long time and the doctor just kept telling me to stretch it. No help at all. Then I started this food combining. Who would have thought that it would have had anything to do with it? But it stopped. and hasn't returned. I believe my aches are all on the run now and I have this amazing information. Sad thing is nobody wants to change their diet, not one little bit. People generally want to hang onto their problems because they own them. I want to feel good and live pain free with good digestion and leave the doctors alone since I don't want to use their drugs anyway. This book is for everyone who wants to feel better.

Very good book, very good information in it. I have passed it to other suffers, and they have agreed this is a must buy for anyone who has this health issue.

Good information but the writing style is wordy and repetitive.

This is a great book. I purchased it because I wanted to better my health. This book does a great job of explaining how to do that. But you've to follow directions. Highly Recommended!!!

Excellent book. Easy to understand and very helpful. I appreciate Harvey Diamonds view of things.

I'm reading this book right now and it's helping me with my pain and my weight. It makes total sense

on way to eat and detox the body.

Great info

I found this book informative and helpful. I suffer with Arthritis, Fibromyalgia and Chronic Fatigue Syndrome and felt that some of the information was very well stated. I will definitely reread this book and use it as a reference for my conditions. I can recomend this book to others suffering from these conditions with confidence. The information given is not a cure-all but I know I enjoyed reading it (it is easy reading)and there are several things I am going to try.

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Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Pain by The Authors of Pain: The debut poetry collection from WWE tag team and literary powerhouse The Authors of Pain. Live Pain Free Without Drugs or Surgery: How to use Integrated Positional Therapy to eliminate chronic pain Pain Free for Life: The 6-Week Cure for Chronic Pain--Without Surgery or Drugs Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs Heal Pelvic Pain: The Proven

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