



Flying Up the Stairs! What You Need to Know About Menopausal Arthritis to Break Free

Phyllis Rickel-Wong

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Do you really want to know why you may have developed joint pain at and after menopause, with no end to this joint pain in sight? Finally, there are answers and, along with answers, a real way to help reverse joint pain and reclaim the joy of movement!

This is the first book ever written solely on the topic of arthritis and menopause. Extensively researched, it contains the findings from over 400 scientific studies published in major medical and other professional journals (all footnoted within the text, with full references provided). A unique combination of "self-help" book and academic resource, this book will be of most interest to those who enjoy reading and understanding scientific findings, and also enjoy exploring the spirit and essence of self-healing. However, for those of you who simply want to heal from your joint pain, this book contains vital information and building blocks to create your healing plan.

Flying Up the Stairs! provides research-based reasons for arthritis and other joint pain experienced by women in menopause and after, and most importantly it offers successful solutions to put you on the path toward healing.

Phyllis Rickel-Wong is known among many in her research community for her "desire to figure everything out"! A tireless researcher, she doesn't quit until she knows the scientific reasons and bases for health problems, and solutions to put one on a path toward healing. When menopause hit, she experienced joint aches and pains that felt like everything from osteoarthritis, to rheumatoid arthritis, and even at times like fibromyalgia. The author, determined to use scientific knowledge and self-healing to reverse this joint pain, is free of these aches and pains (and, she continues to be free of them even now in her early 60's). You, too, can help free yourself of joint pain at menopause and after with the solid approaches backed by science that are presented in this timely and invaluable book!

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that. So , this really is good reading book. Hi Mr. and Mrs. busy do you still doubt this?

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