



The Pain-Proof Pocket Guide

Wyatt Myers, The Editors of Prevention

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This must-have guide proves that you can live a fun and active life free of both chronic and short-term aches. The best part? There's no need for a complete overhaul or for expensive drugs and treatment. In *The Pain-Proof Pocket Guide*, you'll learn to make small, basic changes that will instantly boost the quality of your life!

This handy and user-friendly book provides at-a-glance information such as:

- A complete (and delicious!) inflammation-fighting diet including the 8 scientifically proven pain-preventing foods
- A corresponding shopping list and recipes designed to make it as easy as possible for you to eat to beat pain
- Ten natural supplements that help shut off pain and protect your body from further harm
- Nine easy, effortless stretches that will soothe any hurting body part
- A calming yoga routine that increases flexibility and relieves stress
- Often-overlooked yet simple ways to transform your home and work spaces to minimize wear and tear on your body



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