

Simple Qigong exercises for arthritis relief (DVD)

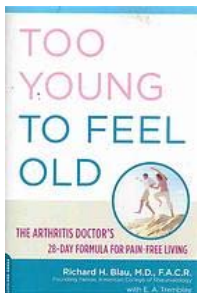
Dr. Yang, Jwing-Ming
616.722 DSIM

In China, the ancient art of Qigong has been practiced for centuries to relieve, heal, and prevent arthritis. This video demonstrates over 30 simple and effective exercises to relieve arthritis pain and rebuild joint health and flexibility.

Take control with exercise (DVD)

613.71 DTAK

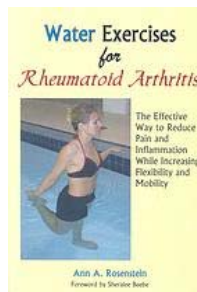
This upbeat 60-minute fitness DVD provides a balanced exercise routine based on the Arthritis Foundation Exercise Program



Too young to feel old : the arthritis doctor's 28-day formula for pain-free living

Richard Blau
616.722 B613T

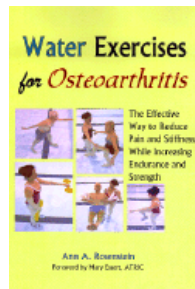
This books will help you create a personalized 28-day program to help reduce inflammation, maintain your range of motion, and decrease arthritic pain.



Water exercises for rheumatoid arthritis : the effective way to reduce pain and inflammation while increasing flexibility and mobility

Ann A. Rosenstein
616.722 R815W

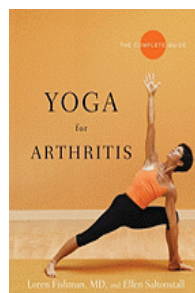
Ann Rosenstein has been a water fitness instructor since 1989. She explains how water exercise helps relieve the pains and restrictions caused by rheumatoid arthritis.



Water exercises for osteoarthritis : the effective way to reduce pain and stiffness, while increasing endurance and strength

Ann A. Rosenstein
616.7223 R727W

Over 100 individual exercises and routines are illustrated with over 500 pictures so the reader can see all of the elements that go into an exercise program.



Yoga for arthritis : the complete guide

Loren M. Fishman, Ellen Saltonstall
616.72 F539Y

Arthritis restricts movement; yoga increases range of motion: these two were made for each other.

WEB SITES

www.arthritis.org

Home page for the Arthritis Foundation's web site.

www.hopkins-arthritis.com

Information about rheumatoid arthritis from the Johns Hopkins University.

www.arthritisinsight.com

A commercial web site that provides information on living with arthritis, links to other web sites, and and links to chat rooms where you may connect with others who suffer from a similar disease.

www.nlm.nih.gov/medlineplus/arthritis.html

From the National Library of Medicine.



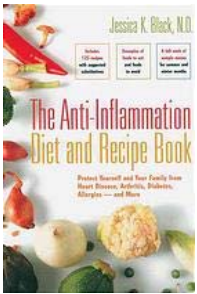
Arthritis

This is a selection of materials about Arthritis held at the Racine Public Library.

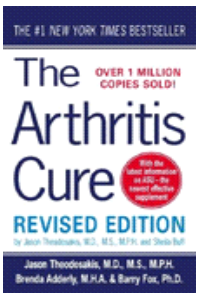


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racinelibrary.info

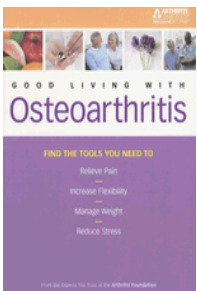
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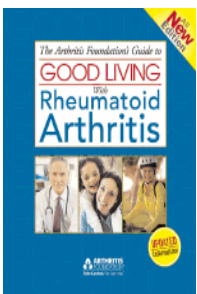
The anti-inflammation diet and recipe book : protect yourself and your family from heart disease, arthritis, diabetes, allergies-and more
 Jessica Black
 641.56318 B561A
 Based on her naturopathic practice, the author has devised a complete program for how to eat and cook to minimize and even prevent inflammation and its consequences.



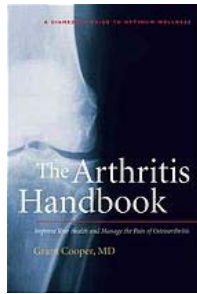
Arthritis Cure: the medical miracle that can halt, reverse and may even cure osteoarthritis
 by Jason Theodosakis
 616.7223 T342AR
 Outlines a nine-point program that includes ASU, a new, effective arthritis-fighting supplement.



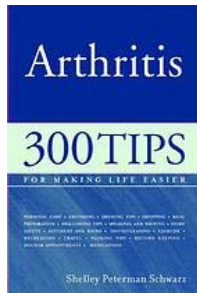
Arthritis Foundation's Guide to Good Living with Osteoarthritis
 616.7223AR76A
 Gives you the tools you need to live a healthy, abundant life. From clear explanations of your symptoms to easy exercise illustrations, you'll get sound advice on how to live life to its fullest. In this book you'll discover easy, effective ways to relieve your pain.



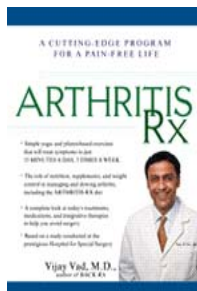
The Arthritis Foundation's Guide to Good Living with Rheumatoid Arthritis
 by the Arthritis Foundation
 616.722 AR76A2
 Everything you need to know to fight RA.



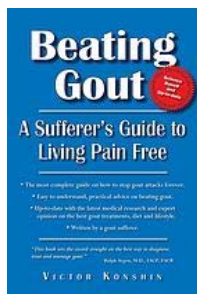
The arthritis handbook: improve your health and manage the pain of osteoarthritis
 Grant Cooper
 616.7 C784A
 This book offers a blend of commonsense advice, dietary info, targeted exercise, and tips on useful supplements.



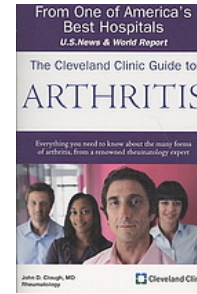
Arthritis: 300 tips for making life easier
 Shelley Peterman Schwarz
 616.7 SCH95A
 This thorough book actually has over 400 suggestions to make life easier for patients with arthritis.



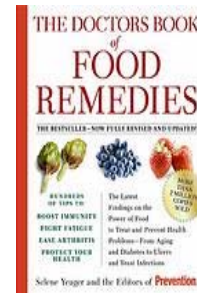
Arthritis Rx: a cutting-edge program for a pain-free life
 by Vijay Vad
 616.722 V14A
 Tackle arthritis pain through nutrition, exercises, breathing practices, and the newest and safest state-of-the-art techniques.



Beating gout : a sufferer's guide to living pain free
 Victor Konshin
 616.3 K837B
 New research has shown that gout and its underlying cause, hyperuricemia, may cause many deadly diseases. This book tells what you can do to stop gout attacks forever.



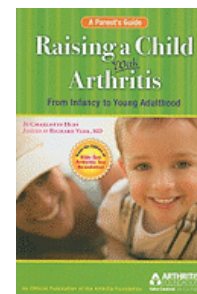
The Cleveland Clinic guide to arthritis
 John Clough
 616.722 C625C
 The author shares insights, discoveries, and inspiring stories from his 43-year career as one of America's foremost arthritis specialists.



The doctors book of food remedies : the latest findings on the power of food to treat and prevent health problems--from aging and diabetes to ulcers and yeast infections
 Selene Yeager
 613.2 Y31DR
 This book offers hundreds of tips to help you boost immunity, fight fatigue, ease arthritis, and protect your health.



Mayo Clinic wellness solutions for arthritis (DVD)
 616.7 DART
 Physicians from the Mayo Clinic of Rochester, Minnesota provide insights on the most effective means to cope with arthritis, including integrative medicine, exercise, and nutrition.



Raising a child with arthritis: a parent's guide from infancy to young adulthood
 616.72 R136R
 From new biologic drugs, nutrition, exercise, and practical tips on giving shots and navigating the education system, the guide will help.