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# Helping Arthritis, By The Book

*Arthritis Relief, By Following The Recovery Plan  
For Long-Term Health*

By Robert Redfern

**Edition  
3.01**

# Helping **Arthritis,** By The Book

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The Recovery Plan For Long-Term Health*

**By Robert Redfern**

# About the author

## Robert Redfern – Your Personal Health Coach



Robert Redfern was born in January 1946. He has helped thousands of people to date in more than 24 countries by providing online health guidance and resources in books, radio interviews, and TV interviews to share his nutritional discoveries. His new book series starts with *Improving Lung Health in 30 Days* and is designed to bring all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health – in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

Robert and Anne looked at the whole field of health, available treatments, and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. Robert and Anne changed their lifestyle and diet and, together with the use of **HealthPoint™** acupressure, the improvement to their health was remarkable.

As well as good health, they feel and look younger and more energetic than all those years ago – before they started their plan. At the time of printing, Robert, aged 74, and Anne have every intention of continuing to be well and looking younger, using their unique understanding of Natural Health.



ROBERT REDFERN – YOUR PERSONAL HEALTH COACH  
tells you everything you need to know about:

Arthritis, Osteoarthritis, and Rheumatic Diseases:

Using the Science and Knowledge of  
Non-Inflammatory Rehabilitation to  
Achieve a Pain-Free Life



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### From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

**Disclaimer:** Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

**Warning:** Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.





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# YOUR ACTION PLAN TO COMMIT TO A NON-INFLAMMATORY, PAIN-FREE LIFESTYLE

TODAY	ACTION	SIGNED	DATE
I Committed	To regaining and maintaining a non-inflammatory, pain-free lifestyle for the rest of my life		
I Committed	To drinking 8-10 glasses of water a day		
I Committed	To getting out in the sun for 20 minutes a day (except when contraindicated)		
I Read	Robert's <i>Helping Arthritis, By The Book</i> book		
I Ordered	The necessary supplements to facilitate my plan and my healing		
I Planned	My Daily Menu with ReallyHealthyFoods.com		
I Started	My breathing exercises		
I Started	Massaging the acupressure points		
I Reread	Robert's <i>Helping Arthritis, By The Book</i> book		
I Reviewed	The necessary supplements to facilitate my plan and my healing		
I Reviewed	My water intake		
I Reviewed	My life-giving sun exposure (except when contraindicated)		
I Reviewed	My menu		
I Reviewed	My breathing exercises		
I Reviewed	Massaging the acupressure points		
I Recommitted	To regaining and maintaining a non-inflammatory, pain-free lifestyle		
I Recommitted	Robert's <i>Helping Arthritis, By The Book</i> book		
I Recommitted	To taking the necessary supplements to facilitate my plan and my healing		
I Recommitted	To my water intake		
I Recommitted	To following my menu		
I Recommitted	To doing my breathing exercises		
I Recommitted	To life-giving sun exposure (except when contraindicated)		
I Recommitted	To massaging the acupressure points		

## What is arthritis?

In its strictest and purest definition, the term arthritis (derived from the Greek language) is defined as:

*Inflammation of a joint or joints.*

There are not just a few types of arthritis. Arthritis actually comes in many different forms, with one common factor among them all: pain. The majority of arthritis sufferers also experience inflammation as most forms of arthritis are inflammatory in nature.

**Arthritis is classified as a rheumatic disease. In addition to pain in the joints, it's often accompanied by:**

- Inflammation
- Swelling

**Arthritis can vary in the:**

- Region affected
- Pain level
- Damage created
- Length of episodes





## Who has arthritis?

### Based on the most recent statistics:

- 175 million adults worldwide suffer from arthritis.
- 10 percent of the global population over age 60 has some symptoms of osteoarthritis.
- Osteoarthritis is ranked as the fourth leading cause of Years Lived with Disability (YLDs).

*Arthritis remains the most common cause of disability in Western countries.*

20 million individuals are crippled so severely by arthritis that they have limits in daily functionality. As arthritis progresses, it inhibits physical activity and can cause many sufferers to become homebound. Numbers of arthritis diagnoses continue to increase year after year, adding up to well over 1 million hospital visits, according to Disabled World statistics.



## What does arthritis affect?

*Arthritis affects two of the body's three types of joints.*

### These joints are:

1. **Synovial joints** - Include most joints found in the body, i.e., in the limbs.
2. **Cartilaginous joints** - Joints attached to bone by cartilage, offer very little movement.

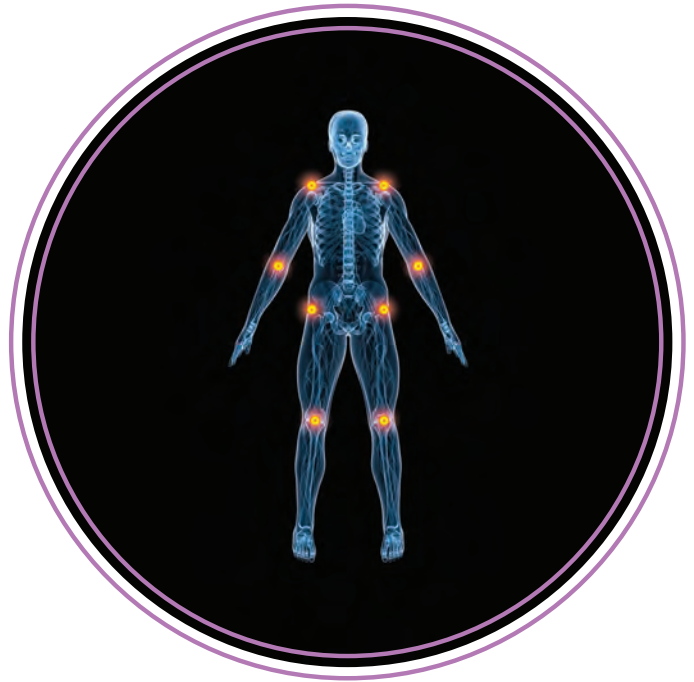
*The synovial joints are more pliable than the cartilaginous joints.*

### Examples of synovial joints include:

- Shoulders
- Elbows
- Wrists
- Fingers
- Knees
- Hips
- Ankles
- Toes

### Examples of cartilaginous joints include:

- Spine
- Ribs
- Pubic symphysis joint in the hips



## What is rheumatic disease?

In today's society, the definition of arthritis has been expanded to include additional rheumatic disorders. These disorders not only affect the joints but the connective tissues that surround the joints and are present in other parts of the body.

*Rheumatic disorders can appear out of nowhere or have a gradual onset. They are usually recognized by the pain and stiffness they create in and around single or multiple joints.*

*Some types of rheumatic disorders are characterized by autoimmune reactions.*

**Even though there are 10 types of rheumatic diseases, those that occur most often can be put into three categories:**

- 1. Osteoarthritis**
- 2. Inflammatory arthritis**
- 3. Extra-articular disorder**

*We will discuss osteoarthritis in detail in the next section.*



## What is osteoarthritis?

Osteoarthritis is a degenerative joint disease. Unlike other forms of arthritis, it is non-inflammatory in nature.

*Osteoarthritis affects 151 million individuals worldwide — almost 50 percent of those diagnosed with arthritis are diagnosed specifically with osteoarthritis.*

Osteoarthritis is generally thought of as a slowly progressing disease exacerbated by the aging process, accelerated by poor diet; it is extremely rare in youth. The first signs may go unnoticed as nothing more than occasional aches and pains. There are also cases where osteoarthritis does not cause pain. But in many sufferers, pain hangs around and becomes constant, sometimes even when resting.

This degenerative process is due to the cartilage wearing away. The body tries to repair this by rebuilding bone; however, bone spurs (bony growths that are uneven and inflexible) appear. These spurs create un-natural movements, bringing with them inflammation and pain.



### There are two types of osteoarthritis:

1. **Primary:** Eating grains, cereals, and other high-sugar foods/drinks.
2. **Secondary:** Stems from an injury or other illness.

### The primary joints affected by osteoarthritis are:

- **Fingers**
- **Hips**
- **Knees**
- **Neck**
- **Lower spine**

## The Western Un-Natural Food Diet

In addition to non-adherence to the specific food guidelines laid out in this book, a diet that will definitely hinder one's recovery from arthritis is the Western Un-Natural Food Diet.

*Nothing affects us more than what we choose to eat at least three to four times a day, every day.*

*Most of us lack the essential nutrients in our diet needed for good health, triggering inflammation.* This absence of nutrients combined with one or several other unhealthy lifestyle factors can perpetuate arthritis.

The "Balanced Western Diet" (now better described as the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It is consumed more and more on a daily basis.

This highly inflammatory diet is made up of sugary foods in the form of breads, pastas, cereals, and potatoes. The Western Un-Natural Food Diet is far too high in unhealthy fats and lacks the antioxidants and phytochemicals that are crucial for eliminating free radicals. This all-too-common diet is lacking in high fiber foods and the foods that provide essential nutrients necessary to find relief from arthritis.

### These missing foods include:

- Vegetables
- Dark-skinned fruits
- Nuts
- Seeds
- Beans (except when temporarily contraindicated for recovery)



## 5 eating tips for degenerative disease

*What you put into your body, especially when you have one or more degenerative diseases, can dictate how you feel and impact your future health.*

**Following some simple eating tips can support arthritis rehabilitation:**

1. **Don't overeat.** Digestion requires a lot of energy the body can otherwise use for healing.
2. **Consume a high-fiber, lower-fat diet.** Saturated fats increase prostaglandin production, which creates an inflammatory state. Avoid trans-fats, hydrogenated oils, and fats in processed foods. Essential fatty acids, however, are crucial to a strong immune system, as well as to maintaining the integrity of the blood vessels. Consume monounsaturated fats in the form of moderate amounts of nuts (walnuts), seeds, and avocados.
3. **Simplify your diet.** Additives, hormones, and drugs run rampant in our food supply, especially in processed foods and animal products. Avoid them by eating whole foods and organic foods whenever possible.
4. **Take essential digestive enzymes.** Digestive enzymes supply enzymes for the small intestine and help with regular digestion, facilitating the breakdown of food to minimize chances of the leaky gut effect.
5. **Avoid sugar, alcohol, caffeine, and dairy.**





## Broccoli does your body good

Your mother may have told you to eat your vegetables, but research now confirms that broccoli can actually benefit a serious health condition like arthritis. In a 2013 study published in *Arthritis & Rheumatism*, broccoli was proven to have potent power to fight inflammation and address the root of osteoarthritis.

When mice in the study ate a diet rich in sulforaphane (a sulfur-based compound in broccoli), they showed fewer signs of cartilage damage associated with osteoarthritis compared to mice that didn't consume sulforaphane. Sulforaphane was also proven effective to protect cow and human cartilage, potentially by blocking enzymes that trigger cartilage inflammation.

*Broccoli may provide the solution to protect joints from irreversible damage caused by osteoarthritis.*

For the best results, broccoli should be enjoyed every day in a variety of ways. Blend broccoli in a daily green smoothie for extra joint protection. Liven up your salads by topping them with broccoli and other cruciferous vegetables found in sauerkraut!

Source:

Rose K Davidson, Orla Jupp, Rachel de Ferrars, Colin D Kay, Kirsty L Culley, Rosemary Norton, Clare Driscoll, Tonia L Vincent, Simon T Donell, Yongping Bao, Ian M Clark. Sulforaphane represses matrix-degrading proteases and protects cartilage from destruction in vitro and in vivo. *Arthritis & Rheumatism*, 2013; DOI: 10.1002/art.38133.



## Arthritis treatment drugs and side effects

*Many different kinds of drugs are used in the treatment of arthritis and rheumatic diseases.*

The most commonly used drugs for the relief of muscle and joint pain and the inflammation associated with arthritis are non-steroidal anti-inflammatory drugs (NSAIDs).

### Common side effects include:

- Nausea
- Vomiting
- Diarrhea
- Constipation
- Decreased appetite
- Rash
- Dizziness
- Headache
- Drowsiness
- Gastrointestinal bleeding

\*NSAIDs may also damage the kidneys in those with lupus.

### Corticosteroids

Synthetic corticosteroids are extremely effective in decreasing the inflammation that comes with arthritis. While they do work, corticosteroids are also dangerous and compromising to overall health, suppressing the immune system even when used in small amounts.

*Corticosteroids have a long list of side effects that may include diabetes, weak muscles, increased risk of infection, depression, bone loss, and much more.*

Surgery may be used as a last resort to repair or replace damaged, deformed joints, relieve chronic pain, and/or alleviate the compression of nerves. With any surgery, there are risks. Infection is a primary concern, especially with arthroplasty (joint surgery). Artificial joints that are attached with pins and cement must eventually be replaced.



### Alternatives to arthritic drugs and surgery:

- Sauna therapy/high temperature
- Massage
- Colon hydrotherapy
- Physical therapy to increase the movement of certain joints
- Stress-reducing techniques
- Hypnotherapy, EMG biofeedback, psychotherapeutic therapy
- Chiropractic care
- Relaxation techniques
- Tai chi (controlled breathing)
- Nutritional therapy
- Rest and adequate sleep (allows the body to recuperate and increases the chances of healing)
- Acupuncture
- Hot and cold therapy

## Can I reverse arthritis?

I do not believe it is appropriate to use the term “cure” for arthritis since most cases are brought on (or made worse) by lifestyle choices.

Cure is a medical term, and medicine does not offer any cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.) However, everything has a cause. Take away the cause, apply the science of a non-inflammatory lifestyle, and your body will be able to repair itself with a little bit of help. Support tissue regeneration with a healthy lifestyle and the proper nutrients, and in the majority of cases you can become healthy again. If you call that a cure, that's up to you. I prefer to call it living a sensible, healthy lifestyle.

Remember, these conditions are inflammatory in nature and, therefore, will benefit from an anti-inflammatory approach. By hydrating the body {6-8 x 500 ml (16 oz.) glasses a day} with pure, clean water and replenishing it with the proper nutrients and antioxidants in the form of vitamins, minerals, essential fatty acids, healthy carbohydrates, and amino acids, the repair and healing of the body can start to take place.

*Nutritional therapy supports healing.*

*The initial detox can be uncomfortable but only temporarily.*

*Eating right can minimize the effects.*

*... regenerate with healthy lifestyle and nutrients ...*



## The nutrients you need

Studies show that the following nutrients/therapies will help prevent or control arthritis in most people:

- **SerraEnzyme serrapeptase, Curcuminx4000, ecklonia cava, and vitamin D3:** To support inflammation and joint health recovery.
- **SAMe:** Contains SAMe tosylate, vitamin B6, vitamin B12, folic acid, magnesium, and a proprietary blend; necessary to support healthy joints and ligaments.
- **Multivitamins/minerals:** Full spectrum multivitamin/mineral, which you should already be taking daily.
- **Magnesium and MSM:** Can provide fast and effective relief for various pain-related conditions.
- **Krill oil capsules:** Contain krill oil, astaxanthin, and omega-3, 6, and 9 oils; simply essential for everyone.
- **Collagen:** Offers comprehensive support for healthy joints and skin.
- **Microcurrent stimulation - electronic acupuncture device:** Stimulates acupressure points and gives the fastest relief in the shortest possible time; use on the points shown in the manual on **page 35**.



## Why doesn't my doctor tell me I can get better?

The Non-Inflammatory, Pain-Free Lifestyle Program can help you get better! Your doctor is obliged to conform to the drug model that is designed to maintain the monopoly that the pharmaceutical industry, the GMC in the UK and the AMA in the USA, have over all things connected with the health of individuals.

These organizations make profits by caring for sick people and do not have a business model that caters to real healthcare and recovery. They pursue a patented drug model where they can charge exorbitant prices for a lifetime of drugs that, at best, help individuals feel better and, at worse, speed up their death.

*These industries are not designed to get anyone healthy, ever!*

In the USA, they are shielded by the FDA and in the UK by the MHRA. The political parties and the most powerful politicians all receive money from these organizations and are responsible for making the laws that perpetuate this disease management monopoly.

*When carefully followed, the Non-Inflammatory Lifestyle Program will show results within 30 days.*





# The Arthritis Rehabilitation Plan

## Your 10 steps to a healthy future

The following protocol works for any arthritic condition, to some extent.

1 	Clearing inflammation and promoting healing.	Eating Really Healthy Foods.	6 
2 	Strengthening your immune system.	Walking and moving daily.	7 
3 	Taking nutrients missing from food in supplement form.	Breathing properly.	8 
4 	Drinking enough water.	Stimulating acupressure points.	9 
5 	Avoiding un-natural/junk foods.	Getting out into the sun as much as possible.	10 

It is almost unheard of for a person applying a good percentage of these lifestyle changes to their daily life to not clear their arthritis symptoms to some extent, and in many cases completely.



For details of the following suggested formulas, turn **page 31**.

# 1. Clearing inflammation and promoting healing

## Helping Arthritis Pack 1 - Essential

- **Serranol™**: SerraEnzyme serrapeptase, Curcuminx4000, ecklonia cava, and vitamin D3 to support inflammation and joint health recovery. Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.
- **SAM-e PLUS™**: To support healthy joints and ligaments. Take 2 vegetarian delayed release capsules daily to aid in recovery.
- **Active Life™ Capsules**: Formulated with only your wellbeing in mind. Just as the name suggests, Active Life™ Capsules can help to support a busy modern life where stress, high demands, and a poor diet are often a reality. Take 2 capsules x 2 times per day.
- **Ancient Magnesium Oil Ultra**: A topical spray delivering 100% Zechstein Magnesium Oil plus OptiMSM that can provide fast and effective relief for various pain-related conditions. Apply 6 sprays of Magnesium Oil ULTRA onto aching joints and muscles in the area and massage in for best results.



## 2. Boosting the immune system

### Helping Arthritis Pack 2 - Ultimate

- **Serranol™**: SerraEnzyme serrapeptase, Curcuminx4000, ecklonia cava, and vitamin D3 to support inflammation and joint health recovery. Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water; reduce to 1 x 3 after a good relief.
- **SAM-e PLUS™**: To support healthy joints and ligaments. Take 2 vegetarian delayed release capsules daily to aid in recovery.
- **Active Life™ Capsules**: All-in-one blend of 130 nutrients including approximately 75 plant-derived minerals, 12 vitamins and 3 other nutrients to help replenish storages in your body that are naturally depleted each day. Take 2 capsules x 3 times per day.
- **Ancient Magnesium Oil Ultra**: A topical spray delivering 100% Zechstein Magnesium Oil plus OptiMSM that can provide fast and effective relief for various pain-related conditions. Apply 6 sprays of Magnesium Oil ULTRA onto aching joints and muscles in the area and massage in for best results. Apply 6 sprays of Magnesium Oil ULTRA onto aching joints and muscles in the area and massage in for best results.
- **The Krill Miracle™**: Contains krill oil, astaxanthin, and omega-3, 6, and 9 oils; krill oil capsules are supported as better than fish oil in studies. Take 1 capsule x 2 times daily.
- **Joint & Skin Matrix™**: Provides comprehensive support for healthy joints and skin. Clinically proven for its effectiveness, BioCell Collagen™ ensures increased bioavailability and rapid absorption. Take 2 capsules x 2 times per day, preferably on an empty stomach or as directed by a healthcare professional.
- **HealthPoint™**: Stimulates acupressure points and gives the fastest relief in the shortest possible time. Use the angina and circulation points in the HealthPoint book, pages 1.1-1.28.



#### Sources:

- Bunea R, El Farrah K, Deutsch L. Evaluation of the effects of Neptune Krill Oil on the clinical course of hyperlipidemia. *Altern Med Rev.* 2004 Dec;9(4):420-8.
- News Review. *Lipid Technology*, May 2008, Vol. 20, No. 5.
- Sampalis F, Bunea R, Pelland MF, Kowalski O, Duguet N, Dupuis S. Evaluation of the effects of Neptune Krill Oil on the management of premenstrual syndrome and dysmenorrhea. *Altern Med Rev.* 2003 May;8(2):171-9.



### 3. Supplementing missing nutrients

Optional nutrients - but suggested for the first 1 to 2 months at least

**1st Line Immune Support:** To clear any infection that may reside in the cells. In severe cases, take 1st Line at least 90 minutes after food and 90 minutes before food, approximately. Clears any infections that may reside in the cells. *Take 1 kit daily for 3 days (total of 3). 3 kits should be taken as a minimum. In serious conditions, 10 kits over 10 days are better if finances allow.*



### 4. Drinking more water

Drink 6-8 glasses of distilled or RO filtered water per day, with a large pinch of bicarbonate of soda (baking soda) for internal organ support.



### 5. Avoiding eating un-natural junk foods

Until completely recovered, stop eating all starchy carbohydrates (breads, pastry, cookies, breakfast cereals, potatoes, and pasta), processed foods, and cow's milk products.





## 6. Eating Really Healthy Foods

**\*\*Include some of the following foods every 2 hours for the first few months:**



Eat 9-14 portions of fresh or frozen veggies daily (in soups, juiced, stirfried, steamed, etc.); 50 percent raw juiced (use the pulp in soups) and organic if possible. Blended makes for better digestion.



Eat 5 portions of antioxidant-rich, dark-skinned fruits (blueberries, cherries, red grapes, etc.) daily.



Avocados are the all-time super food with nearly a full spectrum of nutrients. If they are available where you live, make sure you have at least 2 per day for good health recovery. All arthritis issues (as well as cancer and heart disease) are helped by these.



Eat 5 portions of beans, nuts, and seeds (soaked and mashed for the nuts and seeds).





If you want to eat meat, then choose pasture-fed meats or chicken and eat only a small amount weekly. Grass-fed is healthier than grain or corn-fed animals.



If you eat fish, then eat at least 3-4 portions per week of oily fish and vary it by choosing fish such as salmon, sardines, mackerel, etc. Even canned fish is very nutritious, and wild caught fish is best.



Include hemp, omega-3, or krill oil and other healthy oils like olive oil and coconut oil.



As healthy alternatives to carbs, consider amaranth, quinoa, buckwheat, chai and millet seeds, and healthy pasta made from pulses and stocked in many good grocery stores. Cous cous can be used, except for those who are allergic to gluten proteins (celiacs, etc.).



Take 3-5 (depending upon your body mass and the heat) teaspoons of sea or rock salt daily in food or a little water. Sea or rock salt does not contain the critical mineral iodine, so add Nascent Iodine to your daily dose.

## Which vegetables to eat

*Note: Not all vegetables listed are available in every country.*

- Artichoke
- Asian vegetable sprouts (wheat, barley, alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad beans
- Broccoli
- Brussels sprouts
- Cabbage (various types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion leaves
- Dried peas
- Eggplant (aubergine)
- Fennel
- Garden peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (kos and various types)
- Mangetout peas
- Mushrooms
- Okra
- Onions (red and white)
- Petit pois peas
- Radishes
- Runner beans
- Seaweed - All types (kelp, wakame, noni, etc.)
- Silver beet
- Spinach
- Squash
- Sugar snap peas
- Zucchini (courgettes)

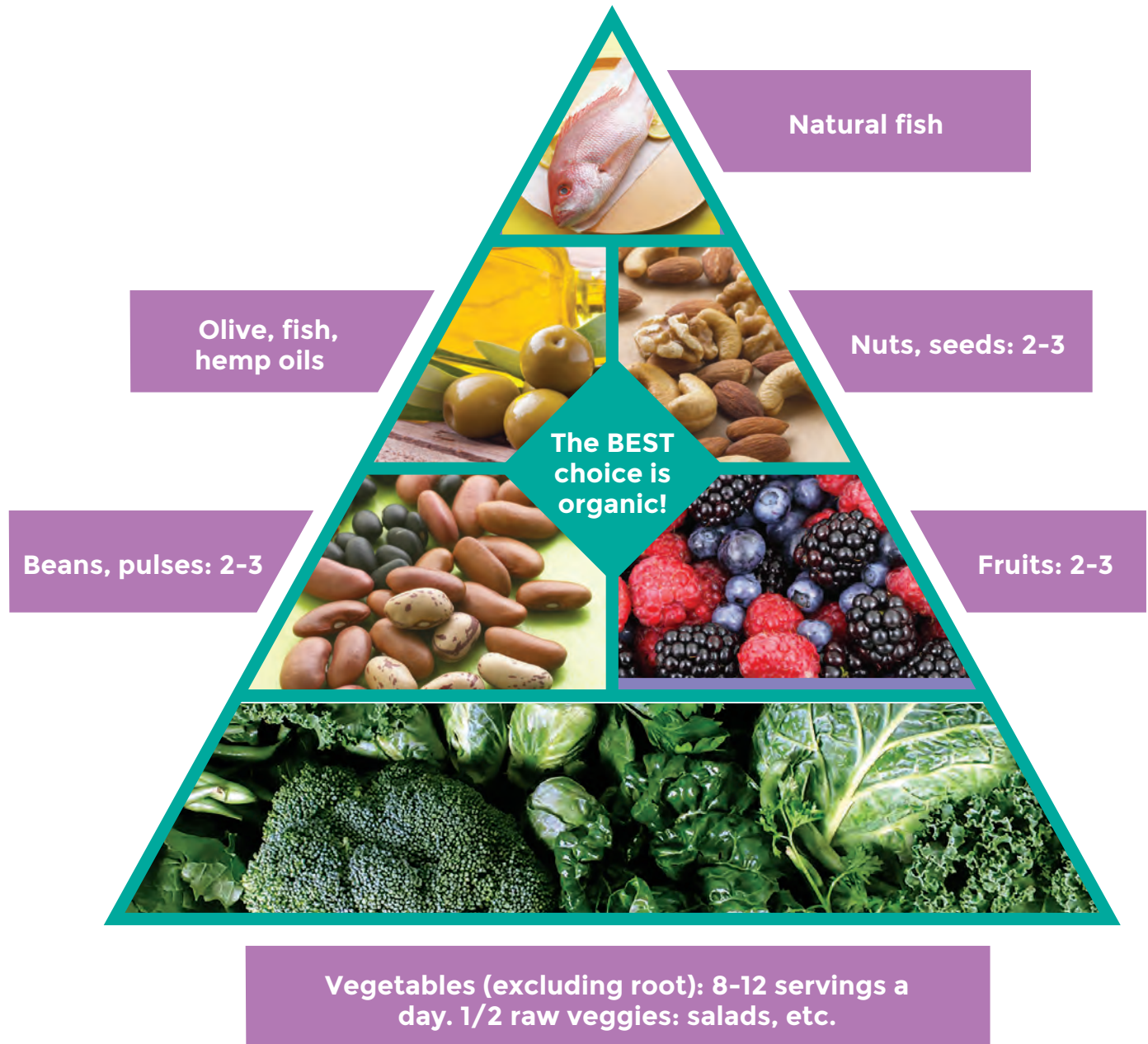
## Which fruits to eat

*Note: Not all fruits listed are available in every country.*

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/prune (dried plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal berry
- Satsuma
- Strawberries
- Tangerine
- Western raspberry (blackcap)



## The Garden of Eden Pyramid



## 7. Walking and moving daily

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

*One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.*

*Use weights or wrist weights as you improve.*

*If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.*



Lie down in a comfortable place. On your bed (if it's firm enough) when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to be starting your walking and building this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g., skipping, star jumps, running on the spot; just about anything, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your muscles connected with your heart and lungs will get stronger, and health will balance perfectly.

## Movement is a vital part of your recovery plan.

We all know how beneficial exercise is; however, when you are in chronic pain, exercise is probably the last thing you want to do. As inflammation subsides and the body strengthens, gentle exercise can be incorporated into the treatment plan.





## 8. Learning proper breathing

It is critical to breathe properly for a healthy body. Oxygen is the prime source of health.

### There are two ways to breathe:

1. **Anxious breathing: In the chest.**
2. **Relaxed breathing: In the diaphragm or stomach area.**



The first breath in the chest is part of the stress response and involves hormones such as cortisol. This type of breathing should last no longer than it takes to deal with a problem in life and then another hormone kicks in to create relaxed breathing. If this stress type of breathing becomes chronic or habitual, then the cortisol and retained carbon dioxide become part of the problem, and the body's natural healthy systems cannot function properly. It also weakens the immune system and opens you up to infections.

Your goal is to relearn relaxed, healthy breathing, where you clear cortisol and carbon dioxide. Too much carbon dioxide in your bloodstream destroys something called hemoglobin, which is the blood's method of carrying oxygen around the body. So it's critical to be able to breathe in a relaxed way from the diaphragm.

### HOW TO BREATHE PROPERLY

The simple way to learn is to lie on your back in a firm bed or on the floor on a blanket or mat. Put a bit of weight over your belly button, such as a heavy book. Take a breath into your nose so that the book rises as you fill your diaphragm (tummy) with air. Hold the breath in your tummy for the count of 4 and then breathe out through your nose and feel your tummy deflating. Let go of any tension you may have with the out-breath. Then repeat. Your upper chest should not move at all, which shows you are relaxed and not stress breathing.

*Practice over and over again while lying down, and once you have really got the long, slow rhythm of relaxed breathing, then try it standing up. You may feel dizzy to begin with getting all this fresh oxygen, but you must practice this every spare minute you have. You can access more resources on breathing lessons at [GoodHealthHelpDesk.com](http://GoodHealthHelpDesk.com).*



## 9. Stimulating acupressure points

Another part of your recovery plan is to stimulate acupressure points connected to your health recovery system. There are various points that you can massage gently with your finger or stimulate with an electronic stimulator that mimics the action of acupuncture. The recommended device is **HealthPoint™**, and you can read more about this on **page 35**.

## 10. Getting out into the sun as much as possible

A critical vitamin for a healthy body is Vitamin D3. There is a large dose of this in the important supplement I recommend on **page 31**, but it is still important to still get some Vitamin D from the sun.

The sun is the bringer of all life, and a silly myth has developed that the sun is our enemy and we should keep out of it, or worse still, put some toxic chemicals all over us so we can go out in it.

I am not saying that we can go out on a really hot sunny day and lie in the sun for 6 hours for the first time. We are supposed to build the skin's tolerance to the sun over many weeks in the spring to stimulate protection from it, so that by the time the hot summer sun comes along we can tolerate much more.



*Recommendations for sun exposure:*

***A:** Expose as much skin as you can to the sun each day, such as on your morning walk.*

***B:** Build up your sun exposure gradually from spring to summer seasons.*

***C:** Try to stay out of the sun in midday without a cover-up; a cover-up is preferred to sunscreen.*

***D:** If you do use sunscreen or sun cream, purchase organic products instead of chemical-based, name-brand creams.*

***E:** It's important to remember that the sun is your friend and sunshine can be enjoyed in moderation!*

## More about clearing inflammation and promoting healing

### Super Nutrient Serranol™

**Super Nutrient Serranol™** offers professional strength support for healthy joints, cells, heart, blood flow, circulation, and cholesterol with ingredients like:

- **Serrapeptidase** (technically Serriatia Peptidase) is a multi-functional proteolytic enzyme that dissolves non-living tissues, such as scarring, fibrin, plaque, blood clots, cysts, and inflammation in all forms – without harming living tissue. Serrapeptidase helps promote better wellbeing for your inflammatory system and supports your whole body, not only the lungs but also arteries, digestive tract, colon, joints, and anywhere blockages/ inflammation needs resolving.
- **Curcumin** (CurcuminX4000) is one of the best natural anti-inflammatory herbs to stimulate glutathione to protect cells and tissue from inflammation and help modulate the immune system. Curcumin has also been studied for its anti-bacterial, anti-viral, and anti-fungal properties.
- **Ecklonia cava (Seanol®)** – For centuries, people throughout Asia have consumed ecklonia cava extract, a species of edible brown algae. Harvested from the coastal waters off Japan, Korea, and China, all studies indicate ECE offers outstanding health benefits.
- **Vitamin D3** is critical to keep your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is an insufficient amount of vitamin D3 present to bind receptors, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is increasingly common in people of all ages because we spend less time outdoors in the sun, but this vital vitamin cannot be stored in the body. So replenishment through daily supplementation is vital to immune health.

### Ingredients:

- CurcuminX4000 (from Meriva®curcuma longa extract) - 250mg
- Ecklonia Cava Extract 25:1 - 50 mg
- Serrapeptase - 160,000IU
- Vitamin D3 - 1,000IU

### Dosage:

Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water. Reduce to 1 x 3 after a good relief.





## SAM-e Plus+™

**Sam-e (S-adenosyl-L-methionine)** is a substance produced by our own body. It plays a central part in almost all body processes. But the older we get, the more drastically the level of SAM-e in our body decreases. Yet recent medical science has discovered and proved that SAM-e is responsible for the repair and stimulation of cell growth, even extending lifespan.

SAM-e cooperates in the repair of cells. Therefore, it is also beneficial in the case of arthritis since it helps to repair the cartilage. This makes it an ideal product to combine with glucosamine.

SAM-e occurs as sam-e-tosylate-disulphate (very stable). It is a completely natural product, manufactured via fermentation — now with the added benefits of magnesium, 5-htp, milk thistle extract, and chamomile flower extract. The delayed release capsules can resist the stomach acid and are only absorbed entirely in the blood when reaching the small intestine.

### Ingredients:

- Vitamin B6 (pyridoxine HCL) - 15mg
- Folic Acid - 800mcg
- Vitamin B12 (methylcobalamin) - 200mcg
- Magnesium (as magnesium aspartate) - 15mg
- SAME Tosylate (S-Adenosylmethionine Disulfate Tosylate) - 200mg
- Proprietary blend {Calcium aspartate, GABA (gamma aminobutyric acid), 5-htp, TMG (trimethyl glycine), milk thistle extract, chamomile flower extract} - 235mg

### Dosage:

Take 2 vegetarian delayed release capsules daily to aid in recovery.

Source:

Ogawa T, Tsubakiyama R, Kanai M, Koyama T, Fujii T, Iefuji H, Soga T, Kume K, Miyakawa T, Hirata D, Mizunuma M. Stimulating S-adenosyl-L-methionine synthesis extends lifespan via activation of AMPK. *Proc Natl Acad Sci U S A*. 2016 Oct 18;113(42):11913-11918. Epub 2016 Oct 3.



## Active Life

**Active Life™ Capsules** have been formulated with only your wellbeing in mind. Just as the name suggests, Active Life™ Capsules can help to support a busy modern life where stress, high demands, and a poor diet are often a reality. Active Life™ Capsules are a complete all-in-one nutritional supplement to complement any Active Life™ style, offering an all-natural source of 130 vitamins, minerals, and other nutrients.

Ingredients	Amount/Serving	%DV
Vitamin A (Palmitate/10% Beta-Carotene)	5000IU	100%
Vitamin C	500mg	833%
Calcium (from Calcium Citrate)	120mg	15%
Vitamin D3 (from Cholecalciferol)	400IU	100%
Vitamin E (as Natural D-Alpha Tocopherol Acetate + Mixed Tocopherols)	400IU	
1,333%		
Vitamin K2 (K2 - Menaquinone)	80mcg	100%
Vitamin B1 (Thiamin)	10mg	666%
Vitamin B2 (Riboflavin)	10mg	588%
Niacin - Vitamin B3 (from Niacinamide)	80 mg	400%
Vitamin B6 (Pyridoxine Hydrochloride)	10mg	500%
Folate (as (6S)-5-methyltetrahydrofolic acid (equivalent to 1600mcg of (6S)-5-methyltetrahydrofolic acid glucosamine salt***	800mcg	200%
Vitamin B12 (Methylcobalamin)	100mcg	
1,666%		
Biotin	300mcg	100%
Vitamin B5 (from Pantothenic Acid)	20mg	200%
Iodine (from Potassium Iodide)	150mcg	100%
Magnesium (from Magnesium Citrate)	60mg	19%
Zinc (from L-OptiZinc®)	25mg	166%
Selenium (from Selenomethionine)	200mcg	285%
Copper (from Copper Gluconate)	2mg	100%
Manganese (from Manganese Gluconate)	4mg	200%
Chromium (from Chromium Polynicotinate)	120mcg	100%
Molybdenum (from Molybdenum Citrate)	75mcg	100%
Chloride (from Fulvic Trace Minerals)	16mcg	< 1%
Potassium (from Potassium Malate)	216mg	5%
Boron (from Boron Citrate)	1mg	*
Strontium (from strontium Citrate)	60mg	*
Aloe Vera Powder (200:1)	2mg	*
Bilberry Extract 5:1	300mg	*
Choline Bitartrate	25mg	*
Fulvic Trace Minerals	200mg	*
Inositol	40mg	*
Lutein (from Marigold flower - ZanMax®)	20mg	*
Zeaxanthin (from Marigold flower - ZanMax®)	4mg	*
L-Cysteine	10mg	*
L-Glycine	10mg	*
L-L-Taurine	400mg	*

**\* Daily Value not established**

**\*\* L-OptiZinc®** brand of zinc mono-L-methionine sulfate.

**\*\*\*** This product uses Gnosis SpA's (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis SpA.

**OTHER INGREDIENTS:** Vegetable Cellulose (capsule), microcrystalline cellulose and medium chain triglycerides.



### Dosage:

Adults and children over age 12 - Take up to 3 capsules, twice per day after meal. Children under age 12 - Take 1-2 capsules per day or as directed by a healthcare professional. If taking thyroid or iron medication, wait 2 hours before using Active Life™ capsules.

## Ancient Magnesium Oil ULTRA

**Ancient Magnesium Oil ULTRA** is a next-generation formula incorporating the unique synergistic benefits of MSM and magnesium. Ancient Magnesium Oil ULTRA offers improved uptake of magnesium ions and enhanced cell membrane permeability; it can be used for pain management, joint mobility, and calming inflammation.

Ancient Magnesium Oil ULTRA is essential to restore cellular magnesium levels, protect cells, and relieve aches and pains associated with arthritis.

### Ingredients:

- Purified Water
- Genuine Zechstein™ Magnesium Chloride
- Methylsulfonylmethane (OptiMSM® from Bergstrom)

### Dosage:

Apply 6 sprays of Magnesium Oil ULTRA onto aching joints and muscles in the area and massage in for best results. 100 mg of elemental magnesium per 1 ml is 6 sprays.



## More about immune-strengthening formulations

### The Krill Miracle™

**The Krill Miracle™** contains omega-3, 6, and 9 oils that support protection of cell membranes and stabilization of blood sugar levels.

Krill are tiny shrimp-like crustaceans found in the Southern Oceans. The Southern Oceans are the only oceans in the world that are main unpolluted by the heavy toxic metals that are now found in many fish oils. Krill are a super-rich source of omega-3, 6, and 9, and their antioxidant levels are 300 times greater than vitamins A and E and 48 times greater than omega-3 found in standard fish oils. (Please note: People with seafood allergies should notify their physician prior to taking a krill or fish dietary supplement.)

### Ingredients:

- Superba Boost™ Krill Oil - 1180mg
- Phospholipids - 660mg
- Total Omega 3 - 318mg
  - EPA - 178mg
  - DHA - 82mg
- Choline - 82.6mg
- Astaxanthin - 100mcg

### Dosage:

Take 1 capsule, twice per day.



## Joint & Skin Matrix™

**Joint & Skin Matrix™** contains BioCell Collagen™ that offers highly bioavailable and comprehensive support for healthy joints and skin.

BioCell Collagen™ provides synergy and support for healthy joints, by using hydrolysed collagen type II, molecular weight (LMW), Hyaluronic Acid (HA), and chondroitin sulfate in a patented composition.

Taking Joint & Skin Matrix™ may also improve skin hydration. During a 12 week study, women who took 1000mg of BioCell Collagen daily said that their skin was up to 76 percent less dry and more hydrated. More than 20 clinical studies and four human clinical trials on BioCell Collagen™ support its effectiveness and safety in promoting good joint health.

Collagen is the main structural protein of various connective tissues, accounting for around 30 percent of the protein content of the human body. It is vital for strengthening blood vessels and giving skin its elasticity and shape. Reduction of collagen causes wrinkles and other skin issues, along with joint problems. Not all collagen is the same, however, which is why Joint & Skin Matrix™ is different.

Joint & Skin Matrix made with Biocell Collagen®, utilises a patented Bio-Optimised™ process that ensures increased bioavailability along with rapid absorption into the body, increasing its potency.

### Ingredients:

- Biocell Collagen™ - 2000 mg
- Hydrolysed Collagen Type II - 1200 mg
- Chondroitin Sulfate - 400 mg
- Hyaluronic Acid - 200 mg

### Dosage:

Take 2 capsules, twice per day, preferably on an empty stomach or as directed by a healthcare professional.



Source:

Schwartz SR, Park J. Ingestion of BioCell Collagen(®), a novel hydrolyzed chicken sternal cartilage extract; enhanced blood microcirculation and reduced facial aging signs. *Clin Interv Aging*. 2012;7:267–273. doi:10.2147/CIA.S32836.

## HealthPoint

**HealthPoint™** is effective on over 150 different ailments. It can be used safely by anyone – whether a young baby or senior citizen. *As with any medical device, you should always seek the advice of a qualified medical practitioner to ensure a correct diagnosis – BEFORE treating yourself.*

Stimulating the following points from the book **Mastering Acupuncture** will help to balance your health:

- **Stimulate the Cranial Electrotherapy Stimulation (CES) ear points for anxiety shown in the ear clip instructions.**
- **Stimulate the General Health Points on page 0.2.**
- **Stimulate acu-points for each painful joint shown in “Painful Disorders” points on pages 1.1-1.28.**

These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is that it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

**HealthPoint™** is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. **HealthPoint™** breakthrough technology was developed by leading pain control specialist Dr. Julian Kenyon, MD, 25 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for arthritis.



## More about missing/optional nutrients

### 1st Line (Thiocyanate) Immune System Support Kit

**1st Line** is an all-natural product designed to fight against many types of infections, including viruses. It is a patented formula by a British Chemist containing Thiocyanate Ions. When added to water, 1st Line provides a drink, which forms the same molecules that make up our body's first line of defense against all types of bacteria, yeast, fungi, flu, germs, and viruses.

1st Line offers the aggressive attack to these unwanted infections without doing harm to healthy bacteria in the body, a common side-effect when using antibiotic drugs. 1st line is safe and easy to use.

#### Ingredients:

- Sodium Thiocyanate - 100ppm
- Sodium Hypothiocyanite - 60ppm

#### Dosage:

Take 1 kit daily for 3 days (total of 3).  
Always take at least 90 minutes  
before and after food.





## In conclusion:

The Non-Inflammatory Lifestyle Program is a complete program, one designed to address all aspects of what is required to prevent or control your arthritis.

Arthritis is essentially a lifestyle disease, meaning if the lifestyle is changed, there is every likelihood of some recovery. With the changes in this 10 Step Plan put into effect, the body is perfectly capable of healing and recovering good health.

### *Drugs don't make you healthy.*

Drugs do not work in that they do not make you healthy. At best, drugs will help you feel better; at worst, they will speed up degeneration and contribute to premature death.

The pharmaceutical business would prefer you continue your present, ineffective treatment plan, only utilizing toxic pills in the form of immune-suppressing drugs and avoiding the true path to prevention and healing.

### *You are now learning there is a better way.*

### **The Non-Inflammatory Lifestyle Program is structured for those patients struggling to prevent or control their arthritis, even after other medical treatments have failed:**

- A program that can help you learn how to love your health and improve your quality of life. The Non-Inflammatory Lifestyle Program includes treatment in the form of exercise, education, and coaching.
- A personalized program that incorporates therapy and support, assisting the person in achieving the maximum results possible.

The Non-Inflammatory Lifestyle Program is detailed within this book and, when carefully followed, will show results within weeks.

### *You will always end up healthier with this plan.*

The worst thing that can happen with this plan is that you will get healthier but still need to take drugs if they or the disease have damaged you to the extent that you are reliant on them.

### *Take it all slowly and step by step.*

Unless you are already used to making changes in your life, you will find adopting these habits of healthy living can be difficult to sustain. Persist. Because...

### *Make no mistake... Your life is worth it.*

Robert Redfern, Your Health Coach

Email [robert@goodhealth.nu](mailto:robert@goodhealth.nu)  
[www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com)  
 for step by step coaching and support.

## Sample Daily Arthritis Rehabilitation Plan

TIME	ACTION	AMOUNT
OPTIONAL		
90 min before and 90 min after breakfast	1st Line Immune Support	Take 1 kit daily for 3 days
BREAKFAST		
Before breakfast	Ancient Magnesium Oil ULTRA	Apply 6 sprays of Magnesium Oil ULTRA onto aching joints and muscles in the area and massage in for best results
30 minutes before breakfast	Serranol™	Take 2 capsules with water
Before breakfast	Joint & Skin Matrix™	Take 2 capsules
With breakfast	The Krill Miracle	Take 1 capsule
LUNCH		
30 min before lunch	Serranol™	Take 2 capsules with water
With lunch	SAM-e Plus+	Take 2 vegetarian delayed release capsules daily
After lunch	Active Life	Take 3 capsules with water
After lunch	HealthPoint	Stimulates acupressure points for fastest relief – use as needed
EVENING MEAL		
Before dinner	Serranol™	Take 2 capsules with water
Before dinner	Joint & Skin Matrix™	Take 2 capsules
Dinner	The Krill Miracle	Take 1 capsule
Before dinner	Active Life	Take 3 capsules with water
After dinner	HealthPoint	Stimulates acupressure points for fastest relief – use as needed

**All of the products you see in this book  
can be obtained from the following links:**

**Good Health Naturally UK (and Europe)**

[www.goodhealthnaturally.com](http://www.goodhealthnaturally.com)

Tel: 03337 777 333

(Open Mon-Fri 9am-5pm)

**Good Health USA**

[www.goodhealthusa.com](http://www.goodhealthusa.com)

Tel: 1800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

**Good Health Canada**

[www.goodhealthcanada.com](http://www.goodhealthcanada.com)

Tel: 1 800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

**Good Health Australia**

[www.goodhealthoz.com](http://www.goodhealthoz.com)

Tel: + 61 (0)7-3088-3201

From 9am to 5pm AEST

**Good Health India**

[www.goodhealthnaturally.in](http://www.goodhealthnaturally.in)

Tel: +91 9640428251

From 10am-6pm IST

## All the books in this series:

Curcumin: Nature's Miracle Spice  
Helping Acne, Eczema and Psoriasis, By The Book  
Helping Alzheimer's, By The Book  
Helping Arthritis, By The Book  
Helping Arterial-Vascular Disease, By The Book  
Helping Asbestosis, By The Book  
Helping Bronchiectasis, By The Book  
Helping Bronchitis, By The Book  
Helping Cancer, By The Book  
Helping Candida, By The Book  
Helping Chronic Cough, By The Book  
Helping COPD, By The Book  
Helping Cystic Fibrosis, By The Book  
Helping Diabetes Type 2, By The Book  
Helping Emphysema, By The Book  
Helping Endometriosis & Fibroids, By The Book  
Helping Eye Disease, By The Book  
Helping Fertility, By The Book  
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Helping High Blood Pressure, By The Book  
Helping Kidney Health, By The Book  
Helping Lung Health, By The Book  
Helping Lupus, By The Book  
Helping Men's Health, By The Book  
Helping Multiple Sclerosis, By The Book  
Helping Osteoporosis, By The Book  
Helping Pneumoconiosis, By The Book  
Helping Pulmonary Tuberculosis, By The Book

Helping Rheumatoid & Juvenile Arthritis, By The Book  
Helping Stroke, By The Book  
One Missing Mineral Can Transform Your Health: Iodine  
The HealthPoint™ Facelift: The Anti-Aging Secret  
The Magnesium Manual (The Forgotten Mineral)  
The Secret To Good Gut Health

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## Other Books by Robert Redfern:

The 'Miracle Enzyme' Is Serrapeptase

Turning A Blind Eye

Mastering Acupuncture

EquiHealth Equine Acupressure

# ABOUT THIS BOOK

## My Good Health Club

Robert Redfern – Your Personal Health Coach  
[www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com)



Robert Redfern is passionate about providing you with the right tools and information to help you become an expert in natural health so that you and your family can achieve great health. This book brings Robert's research and work on

arthritis into an easy-to-follow Arthritis Rehabilitation Plan that everyone can use for improved health.

To help you further, Naturally Healthy Publications has built a website for dedicated Good Health Coaching based on Robert's books.

Visit [www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com) today for more support for health problems related to:

Fibromyalgia

Chronic Fatigue

Multiple Sclerosis

Hashimoto's Thyroiditis

Motor Neurone Disease

Lyme Disease

HPV

And much more

We received a testimonial from a man with arthritis who used HealthPoint™ and followed Robert Redfern's Arthritis Rehabilitation Plan as outlined in this book:

"I am in my sixties and for years now I have suffered from arthritis of the thumbs to the extent that the pain at times would be such that I would drop things that I was holding. I had previously tried tablets and also diet control, with little success. Having seen acupuncture in operation in China and the benefits gained, HealthPoint seemed a good idea. Almost immediately I got relief and, within days, all pain was gone and movement of my thumbs became normal. As far as I'm concerned I am cured; although I was advised that HealthPoint was not a cure, but could provide relief.

My wife however remained unconvinced, and suffered from what I can only describe as 'creaky knees' – you could hear them when they moved, and she was in great pain. One day it was so great that I suggested she let me try the HealthPoint on her. She was amazed at the almost instant relief and now all her 'creaks' have gone and she can walk much more easily.

Many thanks to HealthPoint, whose use for a few minutes a day provides us both with great relief."

- H.B., UK



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