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HEALTH & WELLNESS



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October 29th 2013: Nature relief for Arthritis

Does running cause arthritis in the knees? Is running bad for your joints? We will address the causes and types of arthritis. Also we will explore the nature way of alleviating arthritis pain. The nature health tip of day is black pepper, ginger and turmeric paste for joint pain.



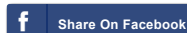
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