



# No More Knee Pain: A Woman's Guide To Natural Prevention And Relief

*George J. Kessler, Colleen J. Kapklein*

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How women's hormones can affect their knees-and a natural, pain-free 12-week plan for relief.

Knee pain affects millions of Americans-and women make up the bulk of sufferers. But while it is a woman's anatomy, physiology, hormones, and habits that will likely determine when and how her knee will fail, many doctors still treat a woman's knee like a smaller version of a man's knee.

*No More Knee Pain* presents the first program designed especially for women. Written by Dr. George Kessler, who has helped hundreds of women heal their pain and reverse degenerative problems, this is the definitive book on female knee pain. Focusing on the structural and hormonal issues that bring about knee problems in women, *No More Knee Pain* is a groundbreaking new approach that shows women how they can at last find relief-without drugs or surgery.

Includes information on:

- € How unbalanced hormones can take a toll on the joints and what to do about it
- € The anatomy of the knee
- € What mainstream medicine offers women with knee pain-and what it doesn't
- € Nutritional supplements
- € What to eat to ease joint pain
- € Exercise dos and don'ts
- € Mind-body factors
- € Body mechanics, posture corrections, and knee exercises that really work-in just a few minutes a day

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