



Life Without Arthritis: The Maori Way

Jan de Vries

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In *Life Without Arthritis*, Jan de Vries shows how the dietary management of the Maori people is the major source of their continued good health - and that it is a diet now widely available in Western society. He shares the treasures of the Maoris and explains how, by following their example, there can be life without arthritis or rheumatism.

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