



Coping with Rheumatism and Arthritis

Keith Souter

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Arthritis is widespread. Osteoarthritis affects more than eight million in the UK, while a further million have rheumatoid arthritis. Fibromyalgia is even more common than rheumatoid arthritis, while some 15,000 children have juvenile arthritis. Self-help, though, is of great use, and Coping with Rheumatism and Arthritis presents a holistic, positive approach. It looks at how body, emotions, mind and lifestyle interact, and how to cope with pain, stiffness, tiredness and chronic fatigue syndrome. It also discusses nutrition and complementary therapies such as acupuncture, chiropractic, osteopathy, herbal medicine, reflexology and homeopathy.

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