

Freedom From Ankylosing Spondylitis: How I got pain free and off all medications, and you can too.

FREEDOM FROM
ANKYLOSING
SPONDYLITIS



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Conventional wisdom says you can't stop the inflammatory process of Ankylosing Spondylitis in its tracks, but I'm living proof you can. In Freedom From Ankylosing Spondylitis I detail exactly what I did to free myself from this debilitating condition and get my life back. After much trial and even more error, two things helped me recover, and ditch my rheumatologist forever. You may have been told that A.S. is a chronic, progressive condition you have no control over, that only medication can alter the disease process. That's just not true. Many people around the world are beating A.S. and other auto-immune conditions like Rheumatoid Arthritis with the methods I describe in this book.