



# No More Knee Pain: A Woman's Guide to Natural Prevention and Relief

*George J. Kessler, Colleen J. Kapklein*

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Dr. George Kessler's revolutionary 12-week program-designed specifically for women-offers treatment advice to help women increase knee strength, reverse degenerative knee problems and eliminate pain.

Includes information on:

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

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