

# S-T-R-E-T-C-H-E-R-S-I-Z-E

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By  
**Bill Zee**

Editor/Photographer  
Spartan Global

THIS MAY BE THE LAST THING YOU EVER BUY! To ease the pain and slow the crippling effects of Arthritis in your hands. This book contains a Complete Program of Stretching Exercises for the fingers and wrists that may well eliminate the gnarling and disabling effects of arthritis. They work, by keeping the wrist and finger joints flexible and useful. As they slowly correct or eliminate the crippling effects of arthritis on the fingers joints Stretchercises also greatly reduce or, in many cases, totally eliminate joint pain! Relief can start in a few days or may take weeks, but once attained the results can be enjoyed and remain as long as you continue doing Stretchercises! **STOP THE PAIN, PLEASE!** There are hundreds of proclaimed cures for arthritis pain: Shark Cartilage, Chondroitin, Glucosamine, Fish Oil, plus hundreds of special formulas and herbal cures promoted by hundreds of companies. The newest break through is called COX-2 Inhibitors, which are strong NSAIDs, but have serious side effects which can lead to stroke or heart attack. They all claim relief or cure. Some may, many do not. However, to make our pain stop, we try them. Most cures require us to buy and take pills, not for a short time, but every day for the rest of our lives, at a price of \$30 or more per month. For some, these prices are prohibitive! Which pills do I to take? Most of us have tried several. The ads sound so good! Our pain makes us targets to try another one, in hopes it works. The solution is always the same, Take Our Pills. Companies make several different pills. They know if one doesnt work, well switch to another and hopefully it will be another one of their pills. These companies get rich on our pain and discomfort. When the pain gets bad enough, we try something else, anything! Weve become a pill society. Led to believe, a pill can cure all ills. Some pills relieve or cover up the pain, for a time.

Then, the pill wears off and the pain returns. We take another pill, or apply topical cream, and there's always hope that the next new pill will be the one that works. Until now, this was our only option to Stop the Pain and suffering, in our crippled hurting hands, wrists and fingers!

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