



## Healthy Knees Book

*Astrid Pujari, Nancy Schatz Alton*

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**Healthy Knees Book** Astrid Pujari, Nancy Schatz Alton

The Healthy Knees Book details the structure and function of the knee and explains its common injuries and chronic pains. With her holistic approach to healing, Dr. Pujari examines how the whole mind and body can promote balance and healing in your hard-working knees, while co-author Alton culls information from medical specialists, physical therapists, yoga and fitness instructors, nutritionists, and herbalists.

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