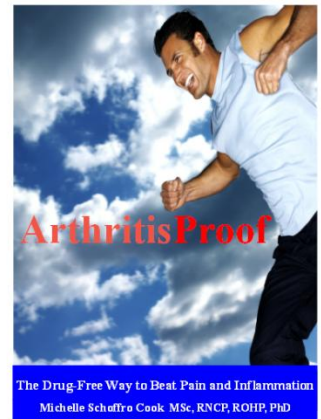


**BEST-SELLING AND 11-TIME HEALTH BOOK AUTHOR DELIVERS  
ALL-NATURAL OPTIONS FOR ARTHRITIS SUFFERERS IN NEW BOOK**

NEWS RELEASE

VANCOUVER ISLAND, BC – [October 1, 2011] –Arthritis sufferers now have a new weapon in their arthritis-fighting arsenal. International best-selling and eleven-time health book author and clinical nutritionist Dr. Michelle Schoffro Cook, PhD, announces the launch of her newest book: *Arthritis-Proof: The Drug-Free Way to Beat Pain and Inflammation*.

*Arthritis-Proof: The Drug-Free Way to Beat Pain and Inflammation* is jammed-packed with practical advice to help arthritis sufferers take charge of their health and overcome pain and inflammation through nutritional management. Unlike other books that are full of theory, *Arthritis-Proof* discusses the importance of choosing an anti-inflammatory diet and provides practical advice to empower the reader. Dr. Schoffro Cook's book is evidence-based and offers plenty of natural remedy and therapy options without the harmful side-effects of common arthritis drugs. Whether readers are coping with the debilitating effects of rheumatoid arthritis, osteoarthritis, gout, fibromyalgia, or another form of arthritis, *Arthritis-Proof* provides the tools they need to enjoy a reduction in pain.



“It is essential for people to consider the role that food plays in either aggravating or improving the pain and inflammation of arthritis. Most people incorrectly assume that gentle and natural options like food, herbs, phytonutrients, enzymes and lifestyle choices are less effective than pharmaceutical drugs. By implementing these natural strategies arthritis sufferers will typically notice profound improvements in the way they feel,” says Dr. Schoffro Cook.

She discusses:

- The serious problems linked to common arthritis drugs;
- How healing with foods is a safe approach that should be considered whether patients are using a pharmaceutical or natural approach;
- How cutting-edge research is demonstrating the anti-inflammatory capacity of natural enzymes against the pain and inflammation of arthritis;
- The top anti-inflammatory foods to include in any arthritis program;
- Super pain-relieving spices;
- Simple self-acupressure for pain management;
- The top herbs that are scientifically proven to reduce pain and joint swelling; and
- Much more.

“I chose to publish *Arthritis-Proof* as an e-book to reach the widest audience possible and to provide arthritis-sufferers with immediate access to powerful pain management options. Trends show that consumers are turning to e-books over traditional print options for their convenience, immediacy, and reduced environmental impact.”



## **ABOUT DR. MICHELLE SCHOFFRO COOK**

Dr. Michelle Schoffro Cook is an international best-selling and eleven-time book author whose works include:

*The Vitality Diet*

*Arthritis-Proof*

*Allergy-Proof*

*Everything You Need to Know about Healthy Eating (but Were Afraid to Ask),*

*The Phytozyme Cure*

*The Life Force Diet*

*The Ultimate pH Solution*

*The 4-Week Ultimate Body Detox Plan*

*The Brain Wash*

*Healing Injuries the Natural Way*

Her books are distributed worldwide and have been translated into many languages, including Greek, Chinese and Indonesian. She holds a PhD in Traditional Natural Medicine, a Master's of Science in Natural Health, a Bachelor of Science degree in Holistic Nutrition, and a Diploma of Orthomolecular Nutrition. With two decades experience in the nutrition and natural health field, Dr. Schoffro Cook is a Registered Nutritional Consulting Practitioner, and Registered Orthomolecular Health Practitioner.

Dr. Schoffro Cook received the *World Leading Intellectual Award* for her contribution to natural medicine, a *Forty Under 40 Award*, a *Crystal Communicator Award*, and numerous other communications awards.

She is the publisher of the popular free e-newsletter *World's Healthiest News*, and a twice-weekly blogger for *Care2.com* (with 17 million readers) and Mallika and Deepak Chopra's *Intent.com*.

**[www.WorldsHealthiestDiet.com](http://www.WorldsHealthiestDiet.com)**

**[www.DrMichelleCook.com](http://www.DrMichelleCook.com)**