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Dr. Miriam Nelson is a prominent women's health advocate and best-selling author of Strong Women Strong Hearts and Strong Women and Men Beat Arthritis.

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The Scientifically Proven Program that Allows People with Arthritis to Take Charge of Their Disease Miriam E. Nelson, Kristin R. Baker, Lawrence Lindner.

The strong women's guide to total health

Dr. Nelson is the founder and director of the StrongWomen Program, Eat Well; Strong Women and Men Beat Arthritis; The Strong Women's Journal; Strong

Strong women and men beat arthritis : the scientifically proven

Summary. More than forty million Americans have arthritis, a disease of joint deterioration that costs people everything they take for granted. But with

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In Strong Women and Men Beat Arthritis, a team of researchers, headed by Miriam Nelson, Ph.D., presents a home exercise program based on a study of 46

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