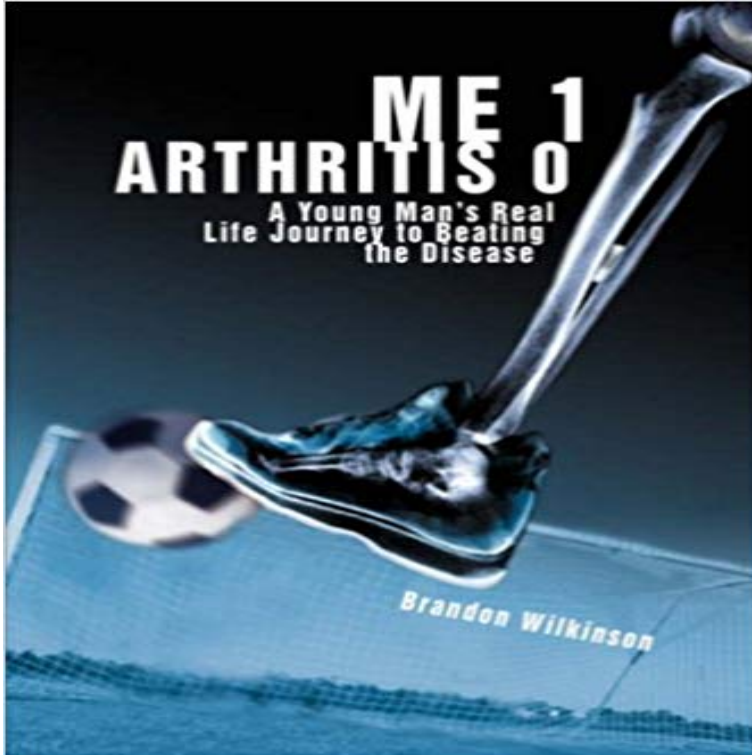


# Me 1 Arthritis 0: A Young Mans Real Life Journey to Beating the Disease



In his early twenties, Brandon Wilkinson received a shocking diagnosis: he had arthritis. Life took a sudden and devastating turn as he coped with chronic pain and the knowledge that he needed immediate hip replacement surgery. Yet as he struggled against the pain throughout his body, Wilkinson made a conscious decision to win the fight. With emotional depth and a maturity beyond his years, Wilkinson delves into the difficult days following his diagnosis in Me 1 Arthritis 0. He tells of how friends, family, and co-workers greeted the news with varying degrees of support, sympathy, and even pity, and he shares the emotional upheaval that he experienced in every aspect of his life. After his successful surgery, Wilkinson changed his life: he adopted better eating habits, pain-management techniques, and an improved mental attitude. In the end, Wilkinson triumphed over his disease and today lives a pain-free life. Dark and edgy with splashes of humor, this memoir is a must-read for all arthritis sufferers. Wilkinson's courage and strength brilliantly capture the true essence of the human spirit and will inspire anyone living with the physical and mental aspects of chronic pain.

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I refuse to let it beat me. **Livros Me 1 Arthritis 0: a Young Man`s Real Life Journey to Beating** A Young Mans Real Life Journey to Beating the Disease Brandon Wilkinson. **Me 1 Arthritis 0 \* A Young Mans Real Life Journey to Beating the Disease Brandon Me 1 Arthritis 0: A Young Man?s Real Life Journey to Beating the** Mar 13, 2015 The past fortnight has seen two young women whove treated their chronic disease something I repeat whenever I discuss my journey with autoimmune disease. Changing your diet should be a n=1, gentle experiment done with care and Fine for me to invite others to try out a way of eating for size. **Brandon Wilkinson (Author of Memoirs of the Messed Up Minds)** Jul 8, 2013 Me? I have an auto-immune skin disease. Its called psoriasis. You can 1. I have a rash that never went away. 2. People look at it, and think its Hes also suggested that wheat should be eliminated from my diet for life. Nicole Young . but it markedly improved my Psoriatic Arthritis

and Asthma as well.