

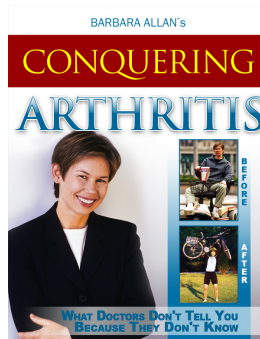
Available for Interview:

Contact Barbara  
602-237-5294 (work)  
602-790-9899 (cell)  
(Media Only)

## ***How to Stay Healthy During the Holidays: An Ex-Arthritis Sufferer's Guide To Sanity***

**Author of “Conquering Arthritis: What Doctors Don’t Tell You Because They Don’t Know” tells your audience:**

- Why chronic medical conditions tend to worsen during the holidays.
- How to beat the odds and still stay healthy.
- Holiday pitfalls to avoid.
- 3 steps that can drastically increase the odds of conquering any chronic medical condition, any time of year



Conquering Arthritis, as a manual for others who wish to cure their own arthritis.



When conventional medical treatment did little to improve her debilitating arthritis, author Barbara Allan took matters into her own hands. Through painstaking medical research, she left her wheelchair behind and completely healed her disease.

Now she has written a book,

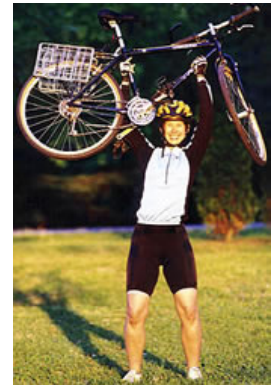


### **Barbara's Story**

It all started when ... Barbara at the young age of 25, developed arthritis that left her in chronic, overwhelming pain. In fact, it was often difficult for her to walk without passing out and she relied on an electric cart to get around. At the time, she was a graduate student studying molecular biology at Washington University in St. Louis, one of the premier medical research centers in the country. After years of research, she developed her own cure and is now completely healed.

### **Barbara loves telling ...**

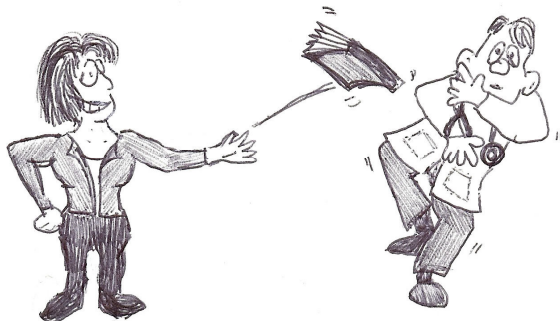
How she discovered that an allergy to corn was a key underlying cause of her arthritis. How astounded she was to find the many surprising places corn allergens are hidden, including in the binders of prescription arthritis medicine. How she needed an hour less sleep a night when she finally identified and eliminated the last hidden source of corn in her life: her toothpaste. And how she has now desensitized her body's response to corn and is able to eat it freely with no resulting pain. How meditation and massage also released ingrained pain patterns from her body



**Barbara says,** “The sad fact is that most people with arthritis who use conventional medical therapies never get better. I was able to get well only when I switched to proven alternative therapies that actually corrected the underlying causes of my arthritis.”

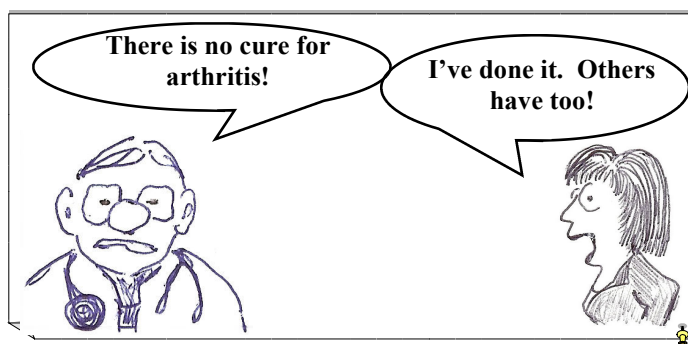
**“Conquering Arthritis” is available for \$34.95 at 1-866-HEAL-BIG (1-866-432-5244) or by visiting [www.ConqueringArthritis.com/radio](http://www.ConqueringArthritis.com/radio)**

# Throwing the Book at Medical Care That Does Not Deliver

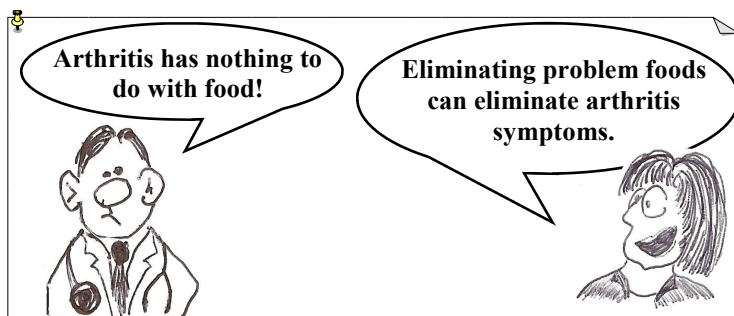


Author of "Conquering Arthritis: What Doctor's Don't Tell You Because They Don't Know,"  
Barbara Allan

## The Controversies...



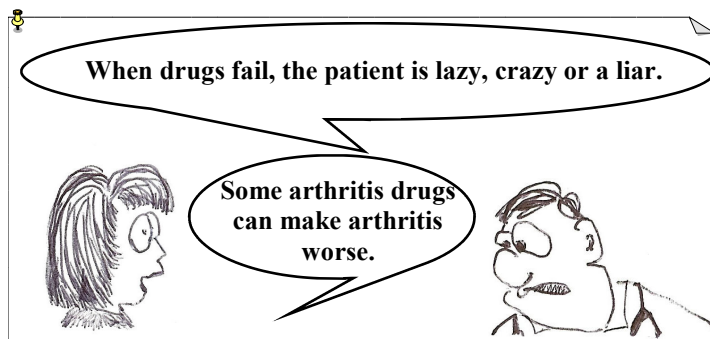
**Barbara has case studies.**



**Barbara can cite studies in medical journals.**



**Barbara can tell you which treatments work.**



**Barbara can tell you which drugs.**

**To Schedule a Debate or Interview with Barbara Allan  
Call 602-237-5294 or 734-358-0024 cell)(Media Only)**

## Sample Interview Questions—Holiday Version

For Barbara Allan

Author of *Conquering Arthritis: What Doctor's Don't Tell You Because They Don't Know* (#1 best selling arthritis book on Amazon.com for the last seven years running.)

[www.ConqueringArthritis.com](http://www.ConqueringArthritis.com)

1. Arthritis, like many chronic illnesses, tends to get worse during the holidays. Why is this?
2. How can listeners beat the odds and still stay healthy during the holidays?
3. What are the top 3 holiday pitfalls that anyone with a chronic illness needs to avoid?
4. So Barbara...you developed arthritis when you were 25. What was your first holiday like?
5. You used an electric scooter for years because of your arthritis. Now you are completely healed. What was your first breakthrough?
6. Your book is subtitled "Nine Secrets I Learned the Hard Way." What are the nine secrets and how do they relate to the holidays?
7. In order to get well, you ate a very restricted diet. How hard was this to do?
8. How restricted is your diet now?
9. What tips do you have for anyone who wants to make it through the holidays on a restricted diet?
10. What is the role of stress and emotions in arthritis?
11. What are the three steps that can drastically increase the odds of conquering any chronic medical condition?
12. Where is your book available?
13. Could you tell us about the special offer you have for our listeners?

**To Schedule an Interview,**

**Contact Barbara at: 602-237-5294 or 602-790-9899 (cell) (Media Only)**