

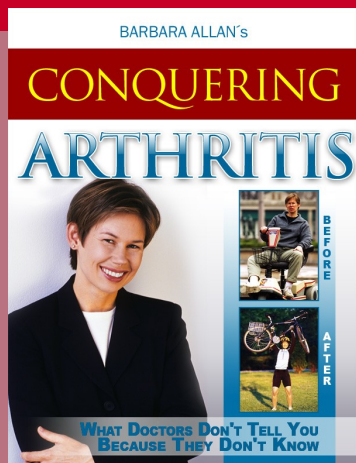
AFTER 11 YEARS OF PAIN-STAKING RESEARCH AND SELF-EXPERIMENTATION,

BARBARA ALLAN IS ARTHRITIS FREE AND HERE TO SHARE HER SECRETS



ABOUT BARBARA

Barbara Allan, author of *Conquering Arthritis*, once had arthritis so badly she had to use an electric cart to get around. Now she is completely arthritis free and has coached hundreds of people through the same process she used to get well.



CONTACT BARBARA

Office: (602) 237-5294 (AZ)

Cell: (602) 790-9899

Barbara@ConqueringArthritis.com

Available at short notice



www.ConqueringArthritis.com

AN ESTIMATED 69 MILLION ADULTS IN THE U.S. HAVE DOCTOR DIAGNOSED ARTHRITIS.

STORY IDEAS

- **Holiday Meal Makeovers** *Tasty Alternatives for common problem foods throughout the year*
- **Do Food Labels Lie?** *Problematic ingredients labels often omit.*
- **Seven Surprising Triggers that Might be Causing your Arthritis.**
- **Four Cs of Conquering Arthritis:** *One in 4 women have arthritis. How to help the women you love heal.*
- **Can Farm Fresh beat Big Pharma in Treating Arthritis and other Chronic Health Issues?** *How to use food to treat your arthritis.*
- **Is Gluten-Free Really Gluten-Free?** *The big lie behind gluten-free certification*
- **Are you S.A.D.?** *How arthritis is affected by seasonal change.*
- **Looking for Natural Pain Relief? Just say "O!"** *(for orgasm)*
- **An Estimated 294,000 Children (1 in 250) under age 18 have some form of arthritis.** *What to do if this happens to your child.*

CREDENTIALS

M.A. in Molecular Biology,
Washington University in St. Louis

B.S. in Chemistry
University of Alabama

Former Member of the
National Speakers Association

MEDIA EXPERIENCE

1480 WHBC; Canton, OH

WBNW 1120 AM; Boston, MA

KDHX 88.1 St. Louis, MO

KWMU 90.7 FM St. Louis, MO

