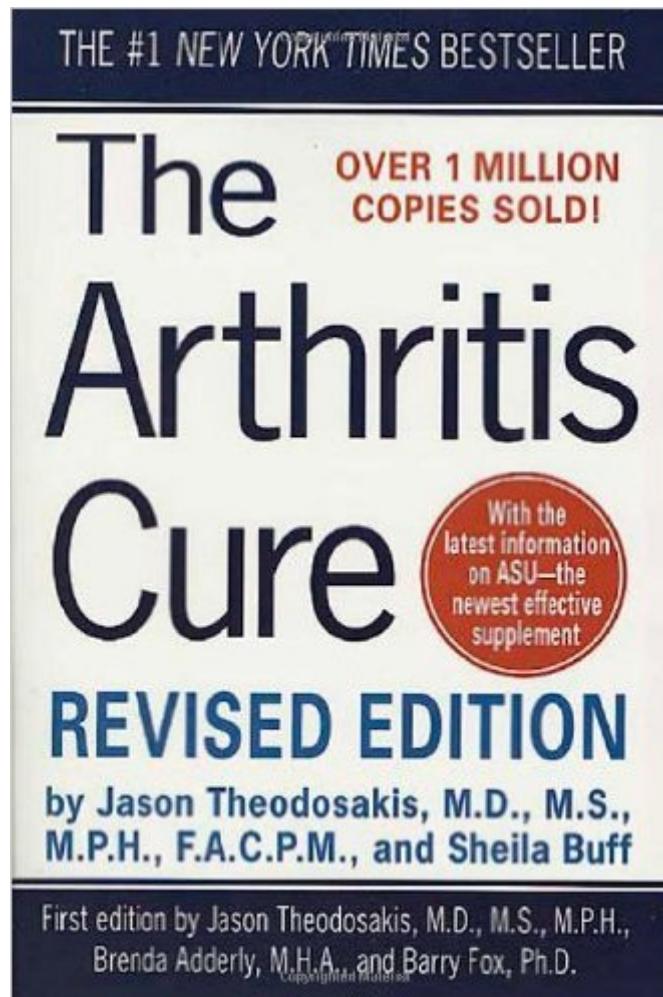


The book was found

The Arthritis Cure: The Medical Miracle That Can Halt, Reverse, And May Even Cure Osteoarthritis



Synopsis

Since its original publication in 1996, *The Arthritis Cure* has swept the nation, providing amazing relief for the millions who suffer chronic arthritis pain. By outlining a nine-point program that includes a new effective supplement, ASU, *The Arthritis Cure Revised Edition* describes a program that can halt, reverse, and possibly even cure degenerative osteoarthritis. Based on the most recent and cutting-edge medical research, this invaluable resource promises readers:--The latest research indicating that prescription arthritis drugs are not only expensive but can also be dangerous--they can raise blood pressure and damage the kidneys.--New studies supporting the use of glucosamine and chondroitin to treat arthritic symptoms.--Dr. Theodosaki's ratings of the current glucosamine products on the market, including which supplements are worth buying and which supplements are a waste of money.--An all-new and improved exercise program for people with arthritis.--The latest information on related conditions such as fibromyalgia and rheumatoid arthritis.

Book Information

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Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (91 customer reviews)

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Customer Reviews

Three months ago I was as skeptical as John (below). I have OA in both knees and was contemplating knee replacement surgery. I decided to give this guy's recommendations a chance as a last resort, since my meds weren't helping much. I've been on fairly large doses of glucosamine/chondroitin, ASU, SAME, and Omega 3-6-9 since around last Thanksgiving. My knee pain has reduced by, I would guess, about 75%. I don't want to over-hype this regimen, and I don't have any idea how long the relief will last. But it's real, and it's substantial. Note that you have to allow a couple of months for it to fully kick in. [...]The above review was originally written on 2/14/07.

As of 6/7/07, I've added the supplement MSM, and the "cocktail" continues to work. I'm still off pain meds except for the occasional ibuprofen. The supplements aren't magic, my knees continue to hurt, but I'm still much closer to pain-free than before I began the regimen. And most importantly, I'm still avoiding the surgeon's knife. ~CPW
EDIT AS OF 9/15/11: (REVIEW CHANGED FROM FIVE STARS TO FOUR) I underwent double knee replacement surgery on 4/25/11. The book's recommendations probably postponed the surgery by a few years, but once both knees were bone-on-bone, there was really no alternative. And now, 4+ months after the surgery, I'm nearly pain-free. One more recommendation: If both knees are bad, and if your surgeon agrees, have them both done at the same time. The rehab is sheer hell for a month to six weeks, but two new knees don't hurt much more than one. Had I not made that decision, I might have tried to limp around on one good knee for the rest of my life (I'm 67), rather than endure another rehab. ~CPW

Unless you're illiterate, I can't think of a single reason for anyone with painful arthritis to not read this book. It's cheap, can be delivered right to your door, and gives the reader a wealth of info about arthritis. Here's some of what it can do for you: -helps you understand what is going on in arthritic joints -covers what supplements have been shown to help fight arthritis. And just running out to the store and buying a bottle of "glucosamine" isn't good enough- the book will help you choose specific brands that the author has meticulously evaluated. Dosages are also covered. -provides you with a specific 9-step program -discusses painkillers -goes through the role of exercise in arthritis and how to choose the best type for you
As you can see, the book covers a lot of information and is very complete- in fact there's even a section on beating the blues that can affect a lot of people with arthritis. So if you have painful arthritis and are looking for a resource to point you in the right direction, I suggest checking out this book. It's cheap, helpful, and based on a lot of sound science. Other research-based books on arthritis I liked include Treat Your Own Knee Arthritis.

The idea is so simple it is amazing no one thought of it sooner. Your joints are made up of bones and cartilage. When the cartilage wears down you start getting pain and inflammation. So when people take the basic building blocks that make up the cartilage, either in supplements or their diet, their body is often able to heal the cartilage. Simple. Glucosamine, Chondroitin and SAMe are the supplements that Dr. Theo recommends. That is essentially "the cure". Knox gelatin, that you can find in almost every grocery store in the canning aisle, is also a really great cheap alternative. Knox gelatin is basically ground up cartilage. So it contains everything your body needs to re-build the cartilage. Many people who take one small package a day and increase their water consumption

notice significant decreases in the pain they experience from arthritis pain within weeks. Another great book to help you increase your health in other areas of your life is *The Creator's Manual for Your Body*. It teaches how to know for yourself what is going to make you healthy. Everyone is different and this book takes that into account. Plus all the raving 5 star reviews point to the fact that it really does make a difference for people.

Dr. Theo has done it again! *Newsweek Magazine* was right, "Arthritis treatment will never be the same." And it certainly hasn't been since the 1997 original. The good doctor was the first to enlighten us to Glucosamine, Chondroitin and SAME, all evidence-based treatments that work. After much ridicule by 'old school' doctors, and manufacturers of traditional pain killers, Dr. Theo's suggestions are now accepted by most doctors and Arthritis foundations worldwide. Much is new since 1997 and Dr. Theo includes all of the latest breakthroughs including an entirely new, disease-improving treatment called AVOSOY. It's the first fully vegetarian arthritis product. There is info on this product at [drtheo . com](http://drtheo.com). Also new is a comprehensive chapter on arthritis prevention, something needed badly since 1 in 3 adults will develop arthritis symptoms, and over 90% will have it on x-ray by age 55. This disease starts 10-20 years before you feel symptoms, so prevention is important. The book is over 50% new or updated. New supplements, drugs, diet chapter, exercises and a detailed explanation of how those prescription and pain relievers can accelerate cartilage loss, something we should avoid. Read this book. Thank you Dr. Theo!

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Arthritis: Arthritis Relief for Osteoarthritis, Rheumatoid Arthritis, Gout, Psoriatic Arthritis, and Juvenile Arthritis. Follow The Arthritis Diet, Cure and Treatment Free Yourself From The Pain The New Arthritis Cure: Eliminate Arthritis and Fibromyalgia Pain Permanently The Arthritis Handbook: Improve Your Health and Manage the Pain of Osteoarthritis (A DiaMedica Guide to Optimum Wellness) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid (Dr. Peter D'Adamo's Eat Right for Your Type Health Library) Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) Curing Your Own Cataracts: How to Dissolve, Reverse, & Halt Advancing Cataracts with Herbs, Homeopathy, Light Therapy, Antioxidants, Nutrition, Low Level ... & More! (Alternative Medicine Book 1) 7 Steps to

Health: Scientifically proven methods to help you stop, reverse, and even cure disease without the use of drugs, pills or surgery. NO More Heart Disease: How Nitric Oxide Can Prevent--Even Reverse--Heart Disease and Strokes The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) Medical Terminology: Medical Terminology Made Easy: Breakdown the Language of Medicine and Quickly Build Your Medical Vocabulary (Medical Terminology, Nursing School, Medical Books) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: Reverse Your Diabetes NOW! How To Take Control of Your Blood Sugar Easy and Fast!: Reverse Diabetes Forever (Type 2 Diabetes Cure Book 1) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) The Fast Metabolism Diet Cookbook: Eat Even More Food and Lose Even More Weight Apple Cider Vinegar Miracle Handbook: The Ultimate Health Guide to Silky Hair, Weight Loss, and Glowing Skin! How to Use Apple Cider Vinegar to ... Burn and Arthritis Plus find more Benefits. Living Well With Osteoarthritis: A Guide to Keeping Your Joints Healthy (Harvard Medical School Special Health Reports) What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback))

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