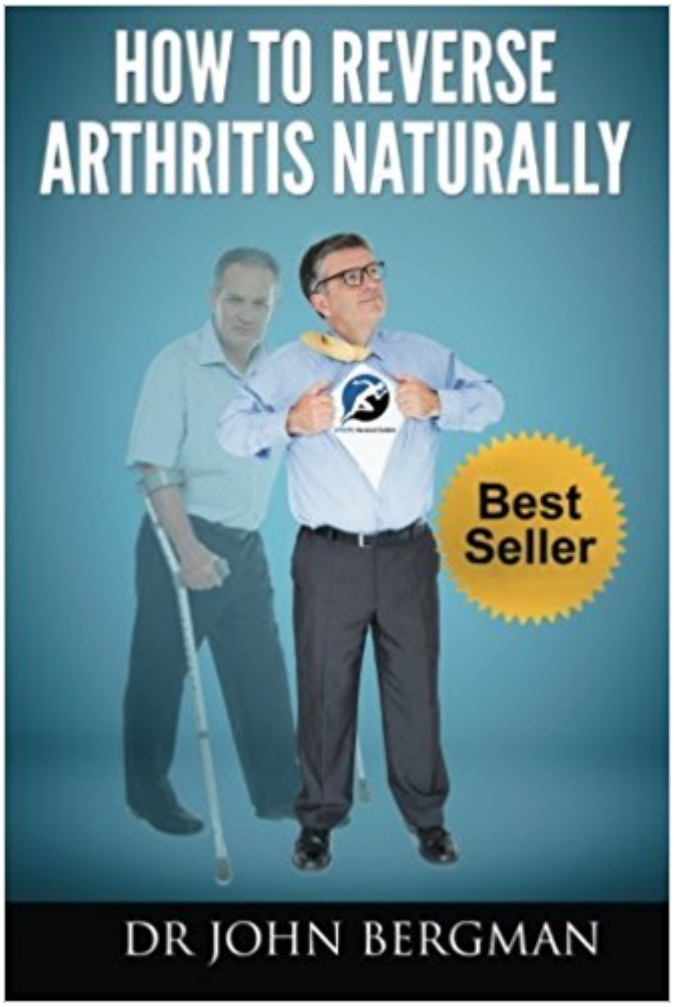
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How To Reverse Arthritis Naturally



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Synopsis

Arthritis reversal is more about human potential. On doing research for this book I studied several body-building groups. I found one in Japan where the minimum age is 75 years. ThatÃ¢â ¬â„¢s right; you have to be 75 years old to join. A lot of people think that as we age we're supposed to break down, and that's not true. If you don't drive a car, the car is going to last a long time; but if you don't drive a body, it's going to break down early. With human beings, the more we use our body, the longer it works.

Book Information

Paperback: 104 pages

Publisher: CreateSpace Independent Publishing Platform; Lrg edition (March 28, 2013)

Language: English

ISBN-10: 1482701529

ISBN-13: 978-1482701524

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.5 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 57 customer reviews

Best Sellers Rank: #231,576 in Books (See Top 100 in Books) #43 inÃ Â Books > Medical Books > Allied Health Professions > Chiropractic #325 inÃ Â Books > Medical Books > Medicine > Reference > Education & Training #4175 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

Dr. Bergman was launched into chiropractic by a devastating accident that nearly ended his life. At 30 years old Dr. Berman was a hard working single dad when he was hit by a speeding car that left him with 2 fractured legs, a fractured skull and chest, bruised liver and heart. Thankfully, Dr. Bergman received the finest medical care that saved his life. However after 4 knee surgeries and multiple medications, Dr. Bergman knew that surgeries and drugs were not the answer to regaining health. Disillusioned by the modern symptom based mechanistic health care system, Dr. Bergman began a quest to find a vitalistic-based healthcare model to regain his health. He became an instructor at Cleveland Chiropractic College in Los Angeles Specializing in Human Anatomy, Physiology, Biomechanics and multiple Chiropractic Techniques. Dr. Bergman developed his own techniques and has an extensive knowledge of human anatomy and human physiology that few can match. Dr. BergmanÃ¢â ¬â„¢s unique approach allows for many successes even with the most

challenging cases.

I think the world of Bergman, his video clips and this book. His recommending a vegan form of eating is the hard part. I think his telling how the body can rebuild itself is a remarkable piece of information. Another thing: it is entirely possible that the man himself may possess curative abilities, and therefore people might not Have the same positive results if not working with him personally. And I think not that many can afford his services.

A bit hard to stick with the diets but we are all humn. useful information nevertheless!

Dr. John Bergman taught future doctors at a Chiropractic college for eight years, and in doing so learned a great teaching style where he can explain even the most complicated biochemical systems in the body in terms that are easy to understand and visualize, so they all make sense. This is the reason I like his books and videos over many other holistic doctors and self-proclaimed healers, who tend to either be too technical, too fadish, too dry, or too boring. Dr. Bergman is also an expert at cellular nutrition and what each cell needs to do its job. He studies medical research papers extensively (unlike most doctors), curious how things got to be the way they are in the current mainstream medical community, and what the truth is in what method heals patients the best way. He looks at healing from a cellular level- and why the body, which is always trying to protect and heal itself, doing what it is doing? For arthritis, which is irritation of the joints: Is it a bone misalignment? A side effect of a neurotoxin or other medicine (such as Motrin) you are taking? A muscle imbalance? A pinched nerve? A mycoplasma infection (which is hard to test for & often overlooked)? A nutritional deficiency? All of these are easily fixable, and so arthritis can be cured.Since the bones replace themselves about every 8-11 months, you have a whole new skeleton every year. Dr. Bergman explains how everything can be healed by the same amazing processes that made you an adult from a pin-sized egg, and that system is still there in your body. By doing what he says to cure arthritis, it also has the side effect of curing most everything else in your body, including almost any chronic disease that was acquired after your birth. Dr. Bergman states in his videos that he has a 90-100% success rate of restoring the patient’s previous quality of life before the disease, which is considered ’curing’ it in most people’s eyes (though it can come back if you return to an unhealthy lifestyle). He also knows the trick to stimulate cartilage to regrow, and it is easy! It even surprises many orthopedic surgeons, who don’t see the cartilage as living tissue.I also recommend looking up Dr. Bergman’s videos on YouTube; search: "John Bergman ",

since his Arthritis book only scratches the surface of his healing genius. He does a 45 min. weekly video in his office in Huntington Beach, Southern California, on various topics so as to attract new patients, and then posts the videos on YouTube, which I think is great! They are quite eye-opening if you have only gone to a medical doctor before and not a holistic-trained doctor. A good doctor looks at the body as a related system from the cellular level on-up, and not just as a bunch of individual parts like so many Specialists do, where the fix (i.e a pill) for their part causes damage elsewhere, like the kidneys, the cartilage, or the heart. Dr. Bergman wants to create a "Health Revolution", where doctors actually HEAL patients within a few months, instead of just masking symptoms with pills the patients have to take the rest of their miserable life (which unfortunately is much more lucrative and thus rewarding for the main medical industry). One video, an interview with John and Clive de Carle, also explains how to find a 'Top 10%' chiropractor or holistic-trained medical doctor where you live. I found my own Chiropractor does only ONE of the 7 things, so she is just a 90%'r (and hasn't healed my neck spasms and arthritis yet, either).As an example of the holistic POV: having flat feet and thus walking with them turned out like a duck can then cause knee pain, hip pain, and then back pain, neck spasms, and arthritis throughout from everything being misaligned and mis-used. When you are inactive due to the pain, you aren't out in the sun playing tennis or golfing in shorts and getting plenty of natural Vitamin D3, and so your bones get porous and chip or break easily. Strengthen the arches of the foot and walk with your feet straight, then everything upline gets better! If Werner Berger can go climb Mt.Everest at age 70, so can you.Cost of the cure: One tennis ball, a trip to a sandy beach or soft grass, daily high-quality 'optimized' multi-vitamins/minerals, and some high-quality pesticide-free organic food. There is no need to go to a podiatrist, orthopedist, neurologist, rheumatoligist, etc. only to have them prescribe expensive treatments and make the problem worse by their combined lack of knowledge of each other's specialty.This is happening to my dad right now. His feet bones are actually fusing together after wearing supportive orthotics for so many years, and now he can barely walk or get out of a chair since his feet, knees, hips, and back are so messed up with 'Stage 3' and 'Stage 4' arthritis. He has never been to a chiropractor, even though many of his health problems are joint-related, which is where chiropractors excel. He has had his shoulder and hip joints replaced, and his knees are long overdue. Diabetic, he stubbornly refuses to change his high-carb American diet or drop the 13 daily prescriptions (from about 8+ different specialists) he is taking, despite the fact he is not being made well by any of them. He is down to 40% kidney function as a result of the prescription medications. Dad is content with what they are doing since he is still alive, and considers it a miracle. My poor (but healthy) 82 year old Mom has to wait on him 24/7 and has no life of her own. So...Don't be a

victim of Big Pharma and the American allopathic medical system like my dad. Don’t be a burden to your family. God creates even bigger miracles if allowed to.Check out Dr. Bergman’s book and videos, and forward a copy to your spouse, parents, uncles and aunts, and anyone else you can think of who is feeling the pain of arthritis and feeling ’old’, when they shouldn’t be and don’t have to. I bought the book for my dad. My own arthritis in my knees and hips is now almost gone, except for my neck, and I am now off all painkillers. The Arthritis book is not that thick and is an easy read, but should open many people’s eyes to alternatives to suffering with arthritic pain for weeks, months, or years. If the book (and videos) starts the chain of events that gets their (or your) butt to a good doctor that can truly heal a person, it has served its purpose.So check out the book, the videos, sojourn to SoCal if you feel so inclined (I am considering the trip!), join the Health Revolution, and Heal Thyself. Yes, or yes?

Not very informative for the amount of money I was charged. Overall disappointing.

Good information but the whole presentation was dis-jointed.

Not worth the money.

I loved the book. After a 4-1/2 year investigation into the Australian Health "Care" system, I find there is no such thing as "diseases" - the word is an invention of the medical system. That is so they can invent drugs to "treat" it - not cure it. Dr. John Bergman is one of the many enlightened doctors I have on a list I call "Real doctors". He has shown in his books the logic of causes and how arthritis CAN be healed naturally.

I am SOOOOOOOOOOO glad that I found this book! My osteoarthritic knee has been hurting me for a over a decade, and now the other one is "going bad". Like everyone else, I was told *and believed* that cartilage did not regenerate. Fortunately, I’m not one to use painkillers for my arthritis, except in extreme situations (which are rare), and even then only as long as necessary, or I would have totally destroyed my joints by now. After reading this book, and following the exercise in the video, my knees actually feel GREAT! It’s been a LONG time since they have felt even close to normal! I look forward to doing this exercise daily and letting my cartilage build back up. I am NOT going to grow old gracefully... Thank you, Dr. Bergman for helping me fight it every *step* of the way. :)Update (2015)I recently had my knees x-rayed, and there’s more cartilage now than there

was on the first x-ray when I was first told I had "bone on bone". I still have a long way to go to get all of it back, but I love seeing, and feeling, the progress! This book showed me what "bone on bone" really means, and I wasn't that far along, fortunately, but my first x-rays were very scary. As long as you can move your knees, you have the potential to rebuild your cartilage. Thanks again, Dr. Bergman!

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