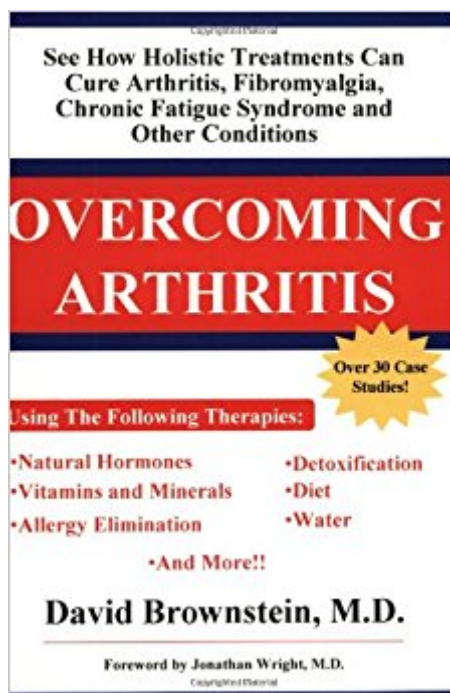


The book was found

Overcoming Arthritis



Synopsis

This book provides the readers with a holistic treatment plan designed by Dr. Brownstein and used in his medical practice to treat arthritis, chronic fatigue syndrome, fibromyalgia, lupus and other autoimmune disorders. The treatment involves the use of natural hormones, diet recommendations, nutritional supplementation, allergy elimination and detoxification. Dr. Brownstein also describes how many illnesses such as arthritis, chronic fatigue, fibromyalgia and other autoimmune diseases may be caused by infections. This book will show you that supporting the immune system is the key to treating these chronic conditions. By developing a comprehensive treatment program that includes using natural therapies, "Overcoming Arthritis" gives hope to those suffering from many chronic conditions. Dr. Brownstein includes over 30 case studies from his medical practice to illustrate the success he has had in treating these difficult chronic conditions. This book will show you how you can learn to use safe and effective therapies to regain your health.

Book Information

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Customer Reviews

Dr. Brownstein's new book "Overcoming Arthritis" is a must read for practitioners and patients alike.
-- Townsend Letter for Doctors and Patients

David Brownstein, M.D. is a Board-Certified Family Physician who utilizes the best of conventional and alternative therapies. He is the medical director for the Center for Holistic Medicine in West Bloomfield, Michigan. Dr. Brownstein is a Clinical Assistant Professor of Internal Medicine at

Wayne State University School of Medicine. Dr. Brownstein is a member of the American College for the Advancement in Medicine (ACAM), American Academy of Preventive Medicine and the American Academy of Family Physicians. Dr. Brownstein is the author of two books, "The Miracle of Natural Hormones" and "Overcoming Arthritis."

A new and unconventional approach to treating arthritis. I am trying the iodine therapy and my joint pain cleared up in a few days. I have been pain free for over a month. I have had joint pain for over 15 years.

In *Overcoming Arthritis* Dr. David Brownstein provides medical advice on how to deal with the various forms of this disease as well as related diseases such as chronic fatigue syndrome and fibromyalgia. Dr. Brownstein is a practicing physician and thus his advice is based on his medical experience and not just the results of research studies. His approach is to use natural or interactive medicine as opposed to traditional medicine. Arthritis is the leading cause of disability in the United States. The standard treatment has been with nonsteroidal anti-inflammatory drugs (NSAIDs) and if that fails then with steroids. This approach has proven to be ineffective and can be harmful. The book is divided into 11 chapters, starting with an introduction. Chapters 2 and 3 show the connection between arthritis and infections. Small doses of antibiotics have been shown to be effective in treating arthritis and related diseases. Chapters 4 and 5 stress the importance of properly functioning hormonal levels. Chapter 6 shows the importance of a healthy diet and states that the Standard American Diet (SAD) is not healthy. Chapter 7 covers acupuncture and chapter 8 the importance of proper hydration. Chapter 9 is concerned with vitamin and mineral deficiencies. Chapter 10 covers detoxification and heavy metals in the body. The last chapter provides a summary. There also are appendices that show the Glycemic Index for common foods and additional resources. Given how common this disease is, I recommend this book highly for everyone, whether you have an arthritic condition or not.

i have arthritis in my feet--i broke bones in both feet when i was much younger and now its coming back to "haunt" me. i have a part time job that requiries my walking 6 to 7 hrs a day. needless to say, my feet are really hurting when i get home. this book has helped me understand arthritis and how to deal with it.

Great book that gives us old creaky people some hope for a cure. Turns out my alternatives doctor

is of the same persuasion as the author, and so am having the recommended tests done to test for the bacteria.. Book was not expensive, and came in two days with Prime. Am giving thought to ordering Kindle for convenience, just can't make a decision as to which one. Like all things these days in purchases, there are too many choices.

Readers will discover that conventional medicine only treats the symptoms of arthritis and never gets to the fundamental question: What has caused the arthritis? When this question is properly answered, potentially successful and natural treatments can be administered. If you are living with arthritis, you should read this book.

I know many who is loaded with many medications and still doctors prescribe more as years go by. I think this book is a must for people with arthritis. Although it's been quite a while since its first edition, it will give you another way of looking at the arthritis. Easy reading.

I was recently diagnosed with RA arthritis and found this book full of new information. As I am an alternative medical person by nature, I will probably go to see him.

It should be a good read for anyone who suffers from weather related arthritis.

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