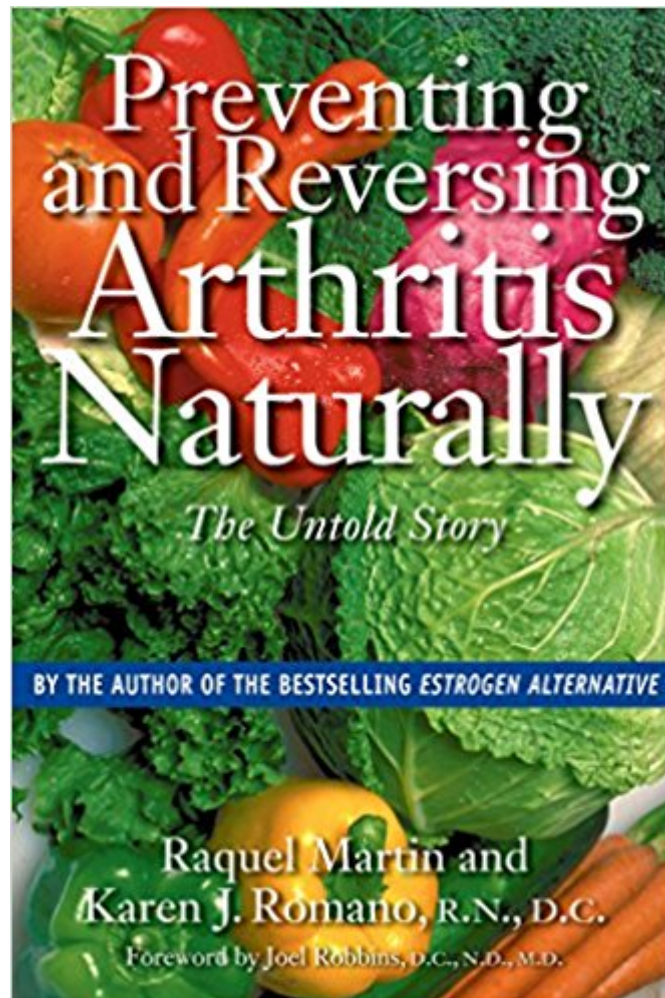




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# Preventing And Reversing Arthritis Naturally: The Untold Story



## Synopsis

A comprehensive self-help program designed to prevent and reverse degenerative inflammatory diseases without drugs and their unwelcome side effects. The program in this book is designed to help millions who suffer from chronic arthritis pain to heal, rather than to just medicate their symptoms. Takes a holistic approach to finding the causes of arthritis pain and offers a self-help treatment program designed to heal the body from the inside out by incorporating medicinal herbs, nutritional supplements, exercise, diet, and chiropractic care. Raquel Martin is the author of the bestselling book *The Estrogen Alternative*. Each year thousands of people struggling with the debilitating effects of arthritis hear their doctors say that they will just have to learn to live with the pain. After experiencing this firsthand, Raquel Martin was determined to find a better way. Together with Dr. Karen Romano, Martin developed a comprehensive self-help program designed to prevent and reverse degenerative inflammatory disease without drugs and their unwelcome or dangerous side effects. The authors show readers how to address the causes rather than medicate the symptoms of arthritis by implementing holistic lifestyle changes--from medicinal herbs, nutritional supplements, and natural hormone therapy to whole foods, exercise, and chiropractic care. Thoroughly researched and clearly presented, *Preventing and Reversing Arthritis Naturally* guides readers through the labyrinth of recent medical studies related to the effects and treatment of this disease. In addition, it discusses the exclusion of alternative therapies from most insurance coverage and provides advice on the action consumers can take to address this. Part practical medical resource, part encouraging guide, *Preventing and Reversing Arthritis Naturally* will inspire all readers to take charge of all aspects of their health.

## Book Information

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## Customer Reviews

"As an educator in the holistic health field who teaches 200-300 new students each year, I try to keep abreast of the vast number of new books that are constantly barraging the health arena. Every year my students ask me to recommend titles in various areas of holistic health and I need to know which select few in each field are the good ones. As both a Naturopath and Board Certified Clinical Nutritionist in private practice, I like to suggest books to my patients which are both informative, accurate, easy to read, and comprehensively cover their topic. Ever since I first discovered Raquel's book *The Estrogen alternative*, it has been my first choice for books to educate both students and patients on the topic of alternatives to prescription hormone replacement therapy. Well she's done it again. Her new book on natural therapies for arthritis is fantastic. Somehow, Raquel and her co-author, Dr. Karen Romano, have managed to supply the reader with a very useable amount of information in just about every single subject area related to arthritis. This book is an astounding encyclopedia of useable information and it succeeds in making every other book I have read on arthritis unnecessary. This one book has it all." (David Getoff, Naturopath, Board certified clinical nutritionist and Educator, San Diego California)"Preventing & Reversing Arthritis Naturally: The Untold Story contains some practical information that can bring dramatic improvement to those suffering from arthritis. It is a 'user friendly' book that encourages and empowers the reader to find the cause of their joint disorders. The authors emphasize that in some cases there may be a need for a multi-disciplinary approach using natural therapies and not masking symptoms with pain killers and tranquilizers." (John Hart, MD)"Preventing & Reversing Arthritis Naturally: The Untold Story by Raquel Martin and Dr. Karen Romano explain for us the basic ingredients necessary not only for good health in general, but specifically, for achieving freedom from arthritis. In the fast-paced, and frequently artificial, lifestyles we live these days, most of us have lost or forgotten the peace, stamina and exuberance of truly healthy bodies and minds. Those 'vehicles of the spirit' have become congested, sluggish, and often painful. Her fascinating description of nutrients, herbs (phytonutrients), exercise, body therapies, stress management and sunlight is thorough, and well documented and referenced. But perhaps her most valuable contribution is the call for courage, personal responsibility and discipline; qualities innate in all of us, that must be nurtured and developed. Her personal experience and example attests to that, and these qualities combined with knowledge can lead any of us back naturally to our birthright of vibrant health. The concept of

natural hormone replacement explained in this book is 'an idea whose time has come'. It is a vital path to improving health and well-being. Mrs. Martin and Dr. Romano also outlines strategies for making the most of our present medical-pharmaceutical-insurance-system and suggests ideas for compassionately making it better. I enthusiastically recommend this book, not only for people with arthritis, but for anyone who wishes to explore new ways to achieve optimum health. I also recommend it to my colleagues who would like to learn more about nutrition, phytonutrients and alternative/complementary medicine." (Ralph C. Lee, M.D. (Dr. Lee has promoted nutrition and preventive medicine in his family practice in)

HEALTH / ARTHRITIS   “ This book contains a wealth of practical information that can bring dramatic improvement to those suffering from arthritis. Raquel Martin emphasizes that when a multidisciplinary approach that draws upon natural therapies is used, arthritis sufferers are able to diminish--and often arrive at a cure for--their suffering.” --John Hart, M.D.   “I enthusiastically recommend this book, not only for people with arthritis, but for anyone who wishes to explore new ways to achieve optimum health. I also recommend it to my colleagues who would like to learn more about nutrition, phytonutrients, and alternative or complementary medicine.” --Ralph C. Lee, M.D.   “ Ever since I first discovered Raquel’s book The Estrogen Alternative, it has been my first choice for books to educate both students and patients on the topic of alternatives to prescription hormone replacement therapy. . . . Well, she’s done it again. This book is an astounding encyclopedia of useable information, and it succeeds in making every other book I have read on arthritis unnecessary. This one book has it all.” --David Getoff, N.D., Board Certified Clinical Nutritionist   Each year thousands of people struggling with the debilitating effects of arthritis hear their doctors say that they will just have to learn to live with the pain. After experiencing this firsthand, Raquel Martin was determined to find a better way. Together with Dr. Karen Romano, Martin developed a comprehensive self-help program designed to prevent and reverse degenerative inflammatory disease without drugs and their unwelcome or dangerous side effects. The authors show readers how to address the causes rather than merely medicate the symptoms of arthritis by implementing holistic lifestyle changes • from using medicinal herbs, nutritional supplements, and natural hormone therapy to employing whole foods, exercise, and chiropractic care. Thoroughly researched and clearly presented, Preventing and Reversing Arthritis Naturally guides readers through the labyrinth of recent medical studies related to the effects and treatment of this disease. In addition, it discusses the exclusion of alternative therapies from most insurance coverage and provides advice on the

action consumers can take to address this. Part practical medical resource, part encouraging guide, Preventing and Reversing Arthritis Naturally will inspire all readers to take charge of all aspects of their health. RAQUEL MARTIN, who lives in Georgia with her husband, is the author of The Estrogen Alternative and Today's Health Alternative. KAREN J. ROMANO, R.N., D.C., also a resident of Georgia, is a chiropractor in private practice and has taught nutrition at Life University in Marietta.

This book is a mess. On its product page it claims to be "A comprehensive self-help program", but the book explains no specific program. It lists a plethora of possible treatments for arthritis--from diets and dietary supplements to chiropractic and hormone therapies--with no strategy for determining where to start or how to proceed in figuring out which ones might be right for you. I am not even sure the author understands what arthritis is. She equates the term arthritis with any form of inflammation and explicitly states that it is caused by immune deficiency. Yet my understanding is that arthritis, or at least some of its forms, is an autoimmune disease in which the immune system is overactive or misdirected to attack one's own cartilage and bones. This book is largely another rehashing of the same old gospel of natural healing with the requisite (and admittedly somewhat deserved) lambasting of orthodox medicine. Interestingly there is no significant mention of allergies. Evidence is either anecdotal or vague. My diet has long tended toward what this book recommends, and I use many of the basic supplements suggested, yet I have arthritis in my thumbs. If this book is right, seems like that shouldn't be. This is a book for the gullible and those who seek any hope they can find. Undoubtedly some of the therapies mentioned in this book are helpful, and a few may even be miraculous, but where to start? This book cost three times what it is worth.

Having Arthritis in my hips and both knees I was desperate for anything that would help. Changing my diet has made my life much better. I still have the arthritis but it is easier to deal with.

Have read many books on health the natural way. Still, this one told me some things I did not know. I am about 1/3rd through the book and know I will be ordering this book for my brother for general health info. Arthritis has "many fingers" and it is surprising to find out that other issues you may have are related to this illness. You truly have to fix the entire body and not just take care of the symptoms.

Really great book! Has a lot of good info for people such as I, who are suffering arthritis! I would

recommend it to anyone who has this disease.

It's informative and worth the read.

I Did not care for the format of the book. It made it tedious reading so I did not read much. I felt like I was reading a textbook. I did copy down in a list the vitamins and minerals and foods they are found in. That page could have been composed in a list that was more readable instead of just paragraphs. So I got some info from this book but as it was so detailed, I lost interest.

It was helpful. I used some of the information and it does work

My struggle has been transformed into a sustained mission to get my own health back. Very affirming as I was doing some things already. It is scary when you have been a health fanatic all your life and the doctor reads your x-rays to tell you that you have osteopenia, the sudden pain and the lower level of lifting. I dip into all my recent buys to get a balance. Thank you for this book. I will not be defeated.

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