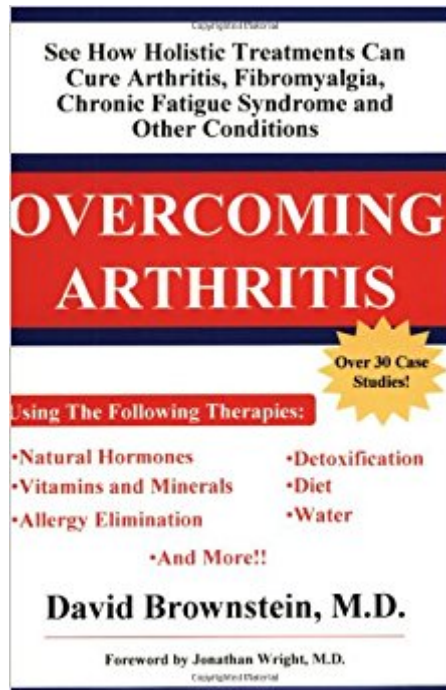


The book was found

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

Paperback: 233 pages

Publisher: Medical Alternatives Press, Inc. (January 5, 2001)

Language: English

ISBN-10: 0966088212

ISBN-13: 978-0966088212

Package Dimensions: 8.8 x 5.9 x 0.5 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.3 out of 5 stars 56 customer reviews

Best Sellers Rank: #270,052 in Books (See Top 100 in Books) #56 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #287 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#) #1261 in [Books > Health, Fitness & Dieting > Women's Health](#)

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.

[Download to continue reading...](#)

Arthritis: An Ultimate Guide For Arthritis: (Symptoms of Arthritis, Rheumatoid Arthritis, Psoriasis Arthritis, Types of Arthritis, Cure for Arthritis) E N B R E L (Etanercept): Treats Ankylosing Spondylitis (AS), Juvenile Idiopathic Arthritis (JIA), Plaque Psoriasis, Psoriatic Arthritis, and Rheumatoid Arthritis (RA) The New Arthritis Breakthrough: The Only Medical Therapy Clinically Proven to Produce Long-term Improvement and Remission of RA, Lupus, Juvenile RS, ... & Other Inflammatory Forms of Arthritis Arthritis Reversed: Groundbreaking 30-Day Arthritis Relief Action Plan The New Arthritis Breakthrough: The Only Medical Therapy Clinically Proven to Produce Long-term Improvement and Remission of RA, Lupus, Juvenile RS, Fibromyalgia, ... & Other Inflammatory Forms of Arthritis Arthritis: Escape the Pain: How I Overcame Arthritis & How You Can Too! REMICADE (Infliximab): Treats Rheumatoid Arthritis, Psoriatic Arthritis, Ankylosing Spondylitis, Crohn Disease, Plaque Psoriasis, and Ulcerative Colitis Rheumatoid Arthritis Handbook: Arthritis Pain Relief and Prevention Through Holistic Healing (Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health) Overcoming Arthritis Overcoming Compulsive Gambling (Overcoming Books) God Talks to Me about Overcoming Fears - Fear - Overcoming Fear - Children's Book about

Friends - Catholic Children's Books - God's Word for Children ... Afraid - Padded Hard Back (God Talks with Me) True: The Man's Magazine (December 1955) Giant Turtles of Mosquito Cay; Underground Cure for Arthritis; Strange but True Stories; Wild Camel Hunt in Tibet; Patterson Brothers Hardware; Dogs, Wolves and Sheep; Sports; Science; Adventure; Hunting (Vol. 35, No. 223) The Edgar Cayce Remedies: A Practical, Holistic Approach to Arthritis, Gastric Disorder, Stress, Allergies, Colds, and Much More Arthritis-Proof Your Life: Secrets to Pain-Free Living Without Drugs Giant Book of Kitchen Counter Cures: 117 Foods That Fight Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestion and ... Problems! (Jerry Baker Good Health series) 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 (Eat Right 4 (for) Your Type Health Library) by D'Adamo. Peter (2006) Paperback Arthritis: Fight it with the Blood Type (Eat Right 4 Your Type Health Library) Arthritis: Fight it with the Blood Type Diet (Dr. Peter D'adamo's Eat Right 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)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)