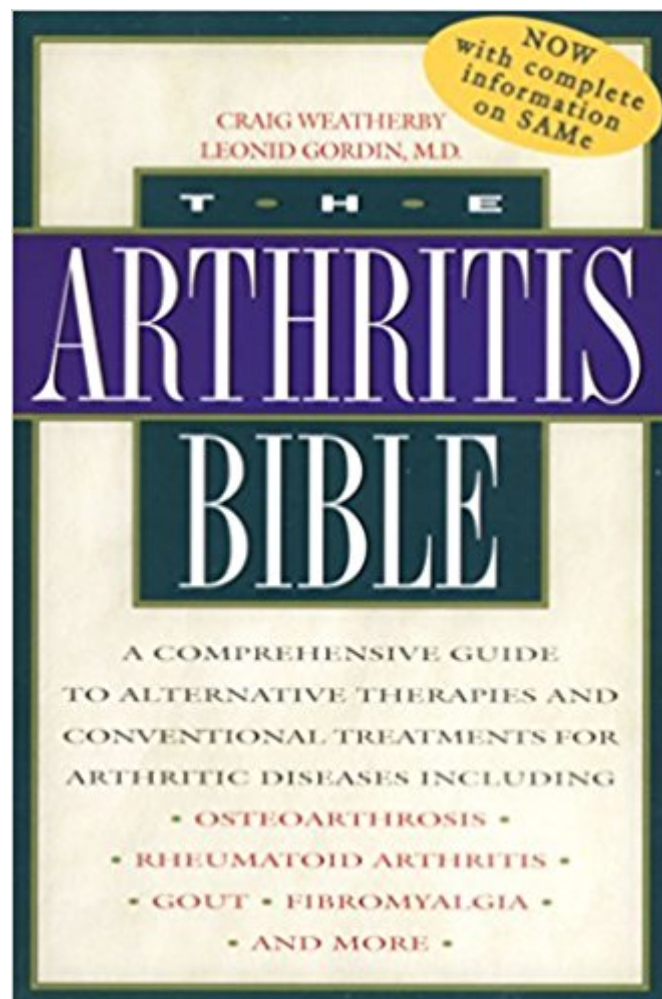


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# The Arthritis Bible: A Comprehensive Guide To Alternative Therapies And Conventional Treatments For Arthritic Diseases



## Synopsis

The complete guide to available therapies for individuals suffering from osteoarthritis and other arthritic diseases. • The most up-to-date information on this disease that strikes one in six people. • Includes case histories, practitioners' perspectives, and a complete resource guide to the organizations, publications, and Internet sites devoted to arthritis. For those suffering from arthritis and other arthritic diseases such as gout and fibromyalgia, The Arthritis Bible is the most up-to-date and complete resource to available treatments--both alternative and conventional. Forty-three million Americans--one in six of us--are afflicted with arthritis, yet the traditional medical community continues to offer only the limited number of treatments found within the narrowly proscribed boundaries of Western medicine. And while many alternative therapies do provide relief, too many have become victims of the "flavor-of-the-month" mentality, their true merits being lost amidst hype and unwarranted claims before adequate research has been done. The Arthritis Bible supplies the latest wisdom on conventional drugs, exercise, physical therapy, diet, vitamins and minerals, traditional herbs, nutraceuticals, homeopathy, and folk remedies. It also advises how to choose the right medical approach and practitioner, and includes a complete resource guide to the organizations, publications and internet sites devoted to arthritis. For anyone seeking relief from the painful and often debilitating consequences of arthritic diseases, The Arthritis Bible is a must for the shelf.

## Book Information

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## Customer Reviews

This is an excellent, concise, highly usable book about ALL reasonable treatments that show merit and promise for treating arthritis, both osteoarthritis and rheumatoid arthritis. Though the coverage of each treatment is remarkably brief and to-the-point, it avoids being just a "shopping list" of what to take; and manages to prioritize, in well-reasoned arguments, what makes the most sense to try and why. Don't expect a flimsy health food store brochure filled with questionable claims, or some pamphlet telling you what you already know. This is a VERY well-written, SUPERBLY organized, thorough and comprehensive book--a model of how to cover conventional and alternative treatments of ANY disease. If you buy just one book on dealing with arthritis, this should be it. (And given how common arthritis is, it might make a thoughtful gift for someone else you know as well.)

well I'd say this book is much better than Western allopathic treatments with biologics which have now been shown to cause lymphoma. My daughter has RA and I never allowed them to use this on my child. I used MSM and turmeric and other anti-inflammatories to help get her RA under control. Please check this book out if you want to try and avoid some of the deadly side effects of Pharma meds that decades later, turn out to not have been helpful. I've lived and learned.. I hope you find some help starting with this book.

I was so impressed with this book I felt compelled to write my first review ever on it. I have done a lot of reading on Rheumatoid diseases and this is the first book to really nail it in terms of current research and treatments. It's well written and organized, full of quality information that is neither dumbed down or too jargon-heavy for the average patient to understand. In addition, it doesn't come off as preachy or biased. The right marriage between journalism and medicine - straight facts that allow you to draw your own conclusions as to what is right for you in your situation. Highly recommend!

After being diagnosed with arthritis and visiting my doctor and referred to a rheumatologist, I found out how little information I got on this disease and treatment options. My Naturapath recommended this book and it was so informative and upsetting at the same time as to how MD's will not tell you of any treatments that don't involve a pharmacist making money. There are a lot of natural remedies out there that involve natural remedies that pharmaceutical companies can't profit from because they are already in the public domain. They are all in the book and deserve a try as they might just help with the pain.

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