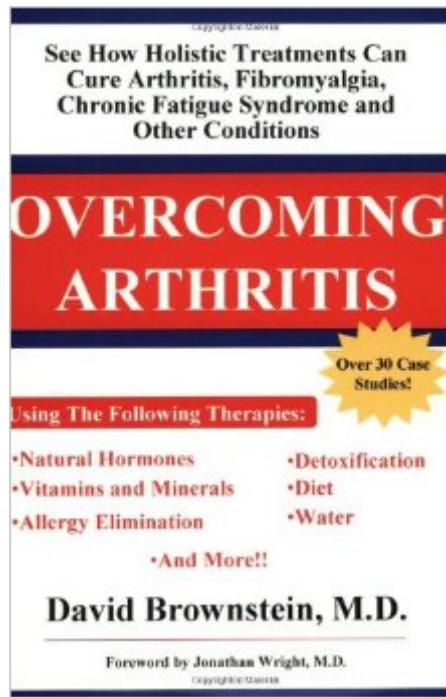


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# Overcoming Arthritis



## 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

Product Dimensions: 8.8 x 5.9 x 0.5 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (53 customer reviews)

Best Sellers Rank: #61,549 in Books (See Top 100 in Books) #19 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #62 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#) #353 in [Books > Health, Fitness & Dieting > Women's Health](#)

## Customer Reviews

Having Lupus and Fibromyalgia I have followed a number of recommendations by Dr. Brownstein and highly recommend this book. I have heard of using antibiotics for Lupus before but no doctors ever recommended it. Very informative and easy to read. The fact that one's thyroid might be one of a number culprits in many of these diseases helped me out because until I got the right dosage my Fibromyalgia was off the charts. Also the idea of eliminating wheat and gluten was a great move. I subscribe to this doctors monthly newsletter and friends and family have benefitted from many of his

recommendations. I say buy the book and read it and don't just go by the one comment you won't be disappointed as long as you follow his recommendations.

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.

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.

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.

Very good information about the possible cause of arthritis and possible treatment of the disease instead of just treating the symptoms. Gave information on how you can work with your physician to

find the cause of your arthritis. The author listed labs that will also work with your physician to test specific samples that would be used to determine an arthritis cause. Other chronic diseases were mentioned like fibromyalgia and chronic fatigue syndrome that may be caused by some of the same things. Really makes the reader take a look at lifestyle and diet choices too that could help eliminate arthritis symptoms or improve the disease. Gives the reader a hands on approach to help seek the cause of their chronic disease.

Like many books of this nature, there is a constant barrage of "case studies" presented to make a 100 page book 220 pages. While I found the arthritis information of value - such as most Rheumatoid arthritis sufferers ( and other chronic illness patients ) have a mycoplasma infection and that they will often experience very significant relief from antibiotics treatment ( mentions Minocin and Clindamycin ) - along with proper vitamin and mineral support. He does go into some details on this and states best results are experienced when administered by IV. I am greatly disappointed however on the information regarding Omega 3 and Omega 6 fatty acids. The ideal ratio of omega-6 to omega-3 fats is 1:1. Our ancestors evolved over millions of years on this ratio. Today, though, our diets in the US are close to a ratio of omega-6 to omega-3 may average anywhere from 5:1 to 50:1 !! This ratio is NOT mentioned and I really find this bothersome as the implications are serious, and most health newsletters / publications are always mentioning this. This out of whack balance alone is said to be the cause of much illness in our population today. In summary - I am happy I got the book but feel it is incomplete on some important things such as this.

It is nowhere near my expectation. It is not worth the money I paid for. It does not zero in on arthritis alone and there is a definite loss of focus.

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The Arthritis Helpbook: A Tested Self-Management Program for Coping with Arthritis and Fibromyalgia  
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  
Overcoming Arthritis  
Caroline's No Nightshade Kitchen: Arthritis Diet - Living without tomatoes, peppers, potatoes, and eggplant!  
The Cox-2 Connection: Natural Breakthrough Treatments for Arthritis, Alzheimer's, and Cancer  
RITUXAN (Rituximab): Treats Rheumatoid Arthritis (RA), Wegener Granulomatosis, Microscopic Polyangiitis (MPA), and also treats Cancer, including Lymphoma and Leukemia  
What Your Doctor May Not Tell You About(TM): Autoimmune Disorders: The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS,

IBD, Chronic Fatigue, Rheumatoid Arthritis, and Other Diseases Autoimmune: The Cause and The Cure (This book identifies the cause & the cure for: Chronic Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's, Rosacea, Myasthenia Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis, Sjogren's, and more) The Pain Relief Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More Preventing and Reversing Arthritis Naturally: The Untold Story Arthritis in Black and White: Expert Consult - Online and Print, 3e Living with Rheumatoid Arthritis (A Johns Hopkins Press Health Book) Overcoming Dyslexia Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) Nobody!: A Story About Overcoming Bullying in Schools What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-Do Guides for Kids) Greg LeMond (Overcoming the Odds) Joseph: Overcoming Obstacles Through Faithfulness (Men of Character.) Overcoming Grief and Trauma - A Short-term Structured Model: Strategic Pastoral Counseling Resources

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