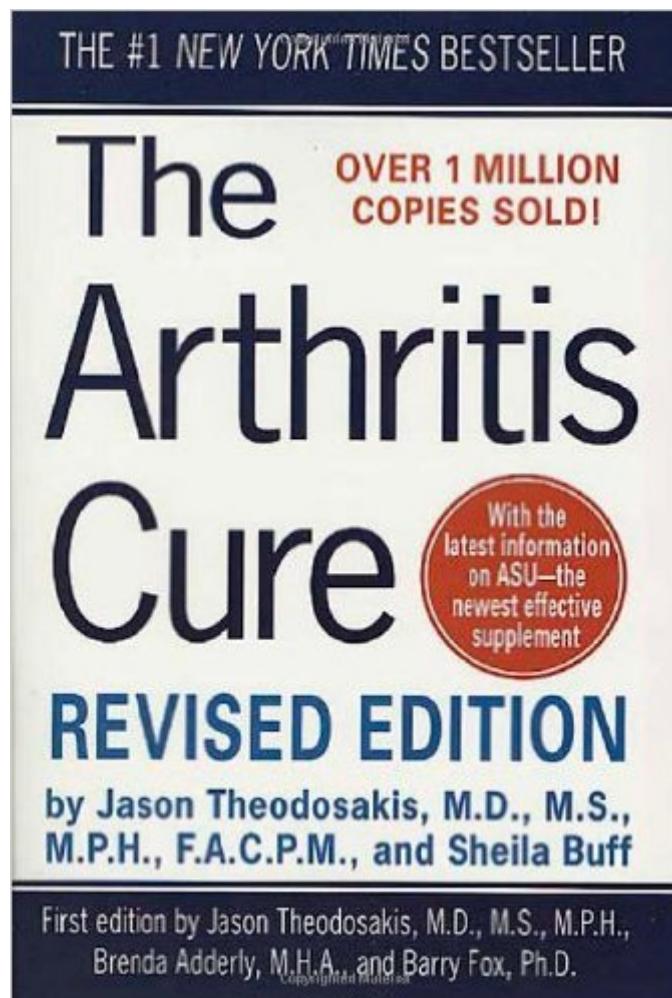


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# The Arthritis Cure: The Medical Miracle That Can Halt, Reverse, And May Even Cure Osteoarthritis



## Synopsis

Since its original publication in 1996, The Arthritis Cure has swept the nation, providing amazing relief for the millions who suffer chronic arthritis pain. By outlining a nine-point program that includes a new effective supplement, ASU, The Arthritis Cure Revised Edition describes a program that can halt, reverse, and possibly even cure degenerative osteoarthritis. Based on the most recent and cutting-edge medical research, this invaluable resource promises readers:--The latest research indicating that prescription arthritis drugs are not only expensive but can also be dangerous--they can raise blood pressure and damage the kidneys.--New studies supporting the use of glucosamine and chondroitin to treat arthritic symptoms.--Dr. Theodosaki's ratings of the current glucosamine products on the market, including which supplements are worth buying and which supplements are a waste of money.--An all-new and improved exercise program for people with arthritis.--The latest information on related conditions such as fibromyalgia and rheumatoid arthritis.

## Book Information

Mass Market Paperback: 320 pages

Publisher: St. Martin's Paperbacks; 2 edition (January 5, 2004)

Language: English

ISBN-10: 0312990634

ISBN-13: 978-0312990633

Product Dimensions: 4.2 x 0.9 x 6.8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ  See all reviewsÂ  (91 customer reviews)

Best Sellers Rank: #106,205 in Books (See Top 100 in Books) #59 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #2590 in Books > Health, Fitness & Dieting > Alternative Medicine

## Customer Reviews

Three months ago I was as skeptical as John (below). I have OA in both knees and was contemplating knee replacement surgery. I decided to give this guy's recommendations a chance as a last resort, since my meds weren't helping much. I've been on fairly large doses of glucosamine/chondroitin, ASU, SAMe, and Omega 3-6-9 since around last Thanksgiving. My knee pain has reduced by, I would guess, about 75%. I don't want to over-hype this regimen, and I don't have any idea how long the relief will last. But it's real, and it's substantial. Note that you have to allow a couple of months for it to fully kick in. [...]The above review was originally written on 2/14/07.

As of 6/7/07, I've added the supplement MSM, and the "cocktail" continues to work. I'm still off pain meds except for the occasional ibuprofen. The supplements aren't magic, my knees continue to hurt, but I'm still much closer to pain-free than before I began the regimen. And most importantly, I'm still avoiding the surgeon's knife. ~CPW EDIT AS OF 9/15/11: (REVIEW CHANGED FROM FIVE STARS TO FOUR) I underwent double knee replacement surgery on 4/25/11. The book's recommendations probably postponed the surgery by a few years, but once both knees were bone-on-bone, there was really no alternative. And now, 4+ months after the surgery, I'm nearly pain-free. One more recommendation: If both knees are bad, and if your surgeon agrees, have them both done at the same time. The rehab is sheer hell for a month to six weeks, but two new knees don't hurt much more than one. Had I not made that decision, I might have tried to limp around on one good knee for the rest of my life (I'm 67), rather than endure another rehab. ~CPW

Unless you're illiterate, I can't think of a single reason for anyone with painful arthritis to not read this book. It's cheap, can be delivered right to your door, and gives the reader a wealth of info about arthritis. Here's some of what it can do for you:-helps you understand what is going on in arthritic joints-covers what supplements have been shown to help fight arthritis. And just running out to the store and buying a bottle of "glucosamine" isn't good enough- the book will help you choose specific brands that the author has meticulously evaluated. Dosages are also covered.-provides you with a specific 9-step program-discusses painkillers-goes through the role of exercise in arthritis and how to choose the best type for youAs you can see, the book covers a lot of information and is very complete- in fact there's even a section on beating the blues that can affect a lot of people with arthritis. So if you have painful arthritis and are looking for a resource to point you in the right direction, I suggest checking out this book. It's cheap, helpful, and based on a lot of sound science. Other research-based books on arthritis I liked include Treat Your Own Knee Arthritis.

The idea is so simple it is amazing no one thought of it sooner. Your joints are made up of bones and cartilage. When the cartilage wears down you start getting pain and inflammation. So when people take the basic building blocks that make up the cartilage, either in supplements or their diet, their body is often able to heal the cartilage. Simple. Glucosamine, Chondroitin and SAMe are the supplements that Dr. Theo recommends. That is essentially "the cure". Knox gelatin, that you can find in almost every grocery store in the canning aisle, is also a really great cheap alternative. Knox gelatin is basically ground up cartilage. So it contains everything your body needs to re-build the cartilage. Many people who take one small package a day and increase their water consumption

notice significant decreases in the pain they experience from arthritis pain within weeks. Another great book to help you increase your health in other areas of your life is The Creator's Manual for Your Body. It teaches how to know for yourself what is going to make you healthy. Everyone is different and this book takes that into account. Plus all the raving 5 star reviews point to the fact that it really does make a difference for people.

Dr. Theo has done it again! Newsweek Magazine was right, "Arthritis treatment will never be the same." And it certainly hasn't been since the 1997 original. The good doctor was the first to enlighten us to Glucosamine, Chondroitin and SAMe, all evidence-based treatments that work. After much ridicule by 'old school' doctors, and manufacturers of traditional pain killers, Dr. Theo's suggestions are now accepted by most doctors and Arthritis foundations worldwide. Much is new since 1997 and Dr. Theo includes all of the latest breakthroughs including an entirely new, disease-improving treatment called AVOSOY. It's the first fully vegetarian arthritis product. There is info on this product at [addrtheo.com](http://addrtheo.com). Also new is a comprehensive chapter on arthritis prevention, something needed badly since 1 in 3 adults will develop arthritis symptoms, and over 90% will have it on x-ray by age 55. This disease starts 10-20 years before you feel symptoms, so prevention is important. The book is over 50% new or updated. New supplements, drugs, diet chapter, exercises and a detailed explanation of how those prescription and pain relievers can accelerate cartilage loss, something we should avoid. Read this book. Thank you Dr. Theo!

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