



Conquering Arthritis: What Doctors Don't Tell You Because They Don't Know

By Barbara D. Allan

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This book is newly revised and updated with important information that makes healing from arthritis even easier and quicker. It has been used with great success by many people with rheumatoid arthritis, osteoarthritis, and other forms of arthritis, to heal themselves. It provides practical, detailed information that is critical for the successful healing of arthritis, but that has never before been collected in one place. The information is organized into a well-researched, easy-to-follow plan for getting well again and includes case histories of people with dramatic and lasting recoveries. It focuses not just on coping with the symptoms of arthritis, but on correcting its underlying causes using proven alternative medicine and pain management techniques. Anyone who is serious about healing from arthritis needs this book.

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Editorial Review

Review

As a physician who treats Rheumatoid Arthritis I realize that modern medicine is very limited in what it can do for this disorder. This book will give you options beyond anything you dreamed possible ..and it works. I tell my RA patients - even if you do nothing else for now - just read this book! --Thomas Alexander, MD., Seattle, Washington

I had RA for many, many years. I tried every so called cure. It was only when I read this book that I hit the jackpot. This coming September will be 2 years that I am totally free of any medication and the pain is almost non-existent. Ingrid, South Africa

Your discoveries are a miracle! A month ago, overnight I developed a severe arthritic reaction/condition. In the last 2 weeks I have gone from being completely unable to walk, to walking pain free, symptom free! Kerry Harrison, West Virginia

My husband's arthritis began at only 22 years of age and it was progressing fast. He has been off ALL medication for almost 6 months now and we are on our way to complete recovery. His right hand is totally normal. The info here WORKS!!!!!! Reader, Atascadero, California

I have osteoarthritis and have been following Barbara's recommendations for about a month now. I can already tell a difference in the way I feel. If I cheat, I can really tell the difference the next day. Linda Squires, Orlando, Florida

I suffer from both RA and Ankylosing Spondylitis. When I'm good at sticking to this program, I'm almost in complete remission. I have been able to stop taking the Methotrexate and Lodin. This is a really great program and it works if you have the discipline and self motivation to go through it and stick it out. S. Kahler

This is a very important book - putting together all this information in one place. What a gift to the world. Jan Adamson, extensive food allergies, Ottawa, Canada

The hidden allergen lists alone are worth the price of the book. Helen Eisen, poet, St. Louis, Missouri

At age 30, after being a college athlete and in perfect health, my daughter was diagnosed with RA. We were devastated!! Two years later, she was on Enbrel, methotrexate and other meds for her condition--things looked pretty hopeless. Researching on Amazon's site, we came across Barbara's book and thought it sounded too good to be true! After all, the rheumatologists were telling us there was no cure. We had nothing to lose but the price of the book, a little time and effort. One year ago, we started with the fast that Barbara recommends and we were absolutely shocked with what happened. After 5 days, my daughter was completely without pain, swelling or any sign of RA. We were ecstatic!! Now, the problem was sustaining it! After a period of six months, she was able to come off Enbrel and methotrexate, but not all of her meds. However, though it is slow, we continue to make progress. Barbara's book became our source of strength when we thought about giving up. It was precise, thorough, informative and most importantly--certain this could be done. Reader

This book is the best book I have ever read about arthritis. I know the author and I knew her before she was

cured and after so I know what an amazing change she was able to make in her life. I have mild arthritis and have found her advice more helpful than anything a doctor ever told me. This book can really change your life if you have arthritis. Chalotte Ellis, Retired Librarian, St. Louis Missouri

--Readers of the Book Conquering Arthritis

Barbara has shown that a CURE is not only possible but doable for anyone who applies themselves to their healing. --Naide Bruno, Chiropractor and Naturopath, Cave Creek, Arizona

A must read for anyone not satisfied with their current treatment. --Monica Tegeler, medical student with rheumatoid arthritis, St. Louis, Missouri

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From the Publisher

Conquering Arthritis by Barbara Allan is simply the best book on the market for anyone who wants to take charge of the healing of their own arthritis. This book is in a class by itself.

Some books are written by arthritis experts who have all the right credentials but who have never had arthritis. They don't really understand what it is like to live with arthritis or what it takes to get well. They just repeat what someone else told them were the best treatment options.

Other arthritis books are written by people coping with arthritis, but who do not have the training to really understand how conventional or alternative arthritis treatments work.

The book, Conquering Arthritis, finally combines expert knowledge with a first hand perspective.

If you are serious about getting well, you need this book.

From the Author

The onset of my arthritis was sudden and left me in chronic, overwhelming pain that often made it difficult to walk even a few steps without passing out. Sometimes my hands hurt so much that I couldn't hold silverware well enough to feed myself.

After four and a half years of conventional treatments did little or nothing to improve my condition, I decided that if I continued to follow the conventions dictated by the current medical model, I was unlikely to ever get well.

My graduate school training is in molecular biology at Washington University in St. Louis, one of the major medical research centers in the United States. I spent years researching the medical literature looking for effective ways to heal arthritis. I also explored and experimented with alternative medicine.

After 11 years of searching, I was eventually able to completely overcome my arthritic condition using the nine secrets detailed in my book. Each method provided a lasting and dramatic improvement in my condition.

After years of having difficulty walking from one room to another, I now walk many miles a week with ease

and go on long bike rides for fun. I have regained full use of my hands and my hips. The pain and fatigue are gone.

The book I have written is the book I wish had been available when I first developed arthritis. It would have saved me years of pain and incapacitation.

It was through luck and perseverance that I eventually found ways to heal arthritis, even arthritis as severe as mine was. As you will find out in my book, many of these methods are well documented in the medical literature, but at the moment are just not well known.

I hope is that my book puts this information in the hands of those who need it the most. If you have arthritis, may it help you find your way back to health.

Users Review

From reader reviews:

Kelley Thornton:

Do you have something that you want such as book? The book lovers usually prefer to opt for book like comic, limited story and the biggest you are novel. Now, why not hoping Conquering Arthritis: What Doctors Don't Tell You Because They Don't Know that give your entertainment preference will be satisfied by reading this book. Reading addiction all over the world can be said as the opportunity for people to know world considerably better then how they react towards the world. It can't be said constantly that reading behavior only for the geeky individual but for all of you who wants to become success person. So , for all you who want to start reading through as your good habit, you may pick Conquering Arthritis: What Doctors Don't Tell You Because They Don't Know become your current starter.

David Anthony:

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Joseph Lewis:

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