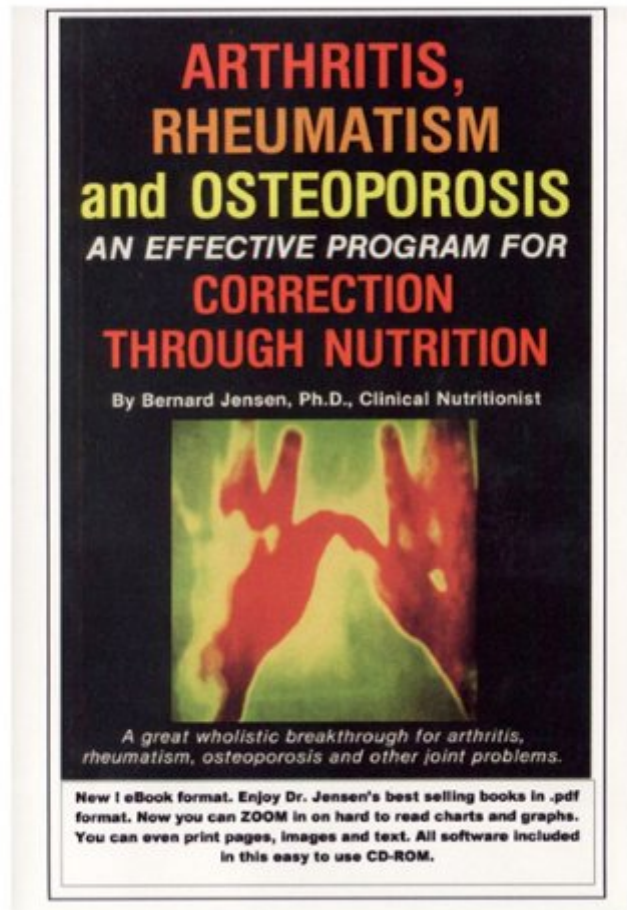


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# Arthritis, Rheumatism And Osteoporosis



## Synopsis

Arthritis can be greatly improved with proper nutrition. Dr. Jensen has created a balanced nutritional program that includes supplements, diets, drinks, juices, special foods and exercises. This book is to teach you how to treat your problems, rather than to give temporary relief.

## Book Information

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#3240 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition

## Customer Reviews

This is not a minutely organized and edited piece of work; there is some repetition as topics and considerations unavoidably overlap one another. But what layman in search of instruction can't profit from seeing interconnections from different perspectives? I can truly say that what I learned from this book rescued me from a downward spiral and gave me the knowledge to put myself on a path to fully functioning health. Something the medical doctors couldn't do. The author's mix of training and varied experience in holistic applications have given him a reliable body of information that he conveys to the reader in this book. The book's foundational premise of a need to commit to de-toxing one's body and keeping it that way, whether it takes one year or two for cells to heal and renew themselves (depending on how long you have trashed them), makes the difference between authentic healing or making-do with endless palliatives. In my opinion, this particular book of Dr. Jensen's is his most valuable for correcting any systemic ill-health, although it is titled for arthritis, rheumatism and osteoporosis. Following it, I would recommend his book on bowel management, as

it emphasizes and develops the crucial information in this one. His others seem to be variations on these two.

Almost everyone I know is dealing with one or more of the diagnosis mentioned in the title of this book. If you really want to change your condition for the better, you will need to read & adhere to the knowledge contained within the pages of this small book.

Trying this diet for at least a year, of no salt, and distilled water only, with carefully monitored mineral and vitamin intake, to see if it can help both my spinal cord compression caused by vertebral calcium build up (OPPL), as well as my low back arthritis. Fell free to check with me at the end of a year for an update on success and progress.

The info in this book truly works to solve arthritis symptoms with very simple knowledge of the best foods for nourishing the joints and the body's immune system. I love this book!

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