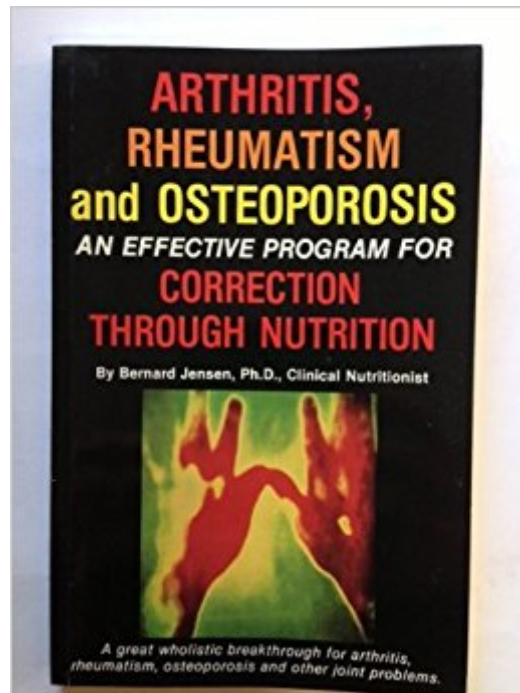




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# Arthritis, Rheumatism And Osteoporosis



## Synopsis

Book by Jensen, B.

## Book Information

Paperback: 144 pages

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## Customer Reviews

Book by Jensen, B.

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.

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.

He gives a lot of good data, but it didn't address fully my situation.

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.

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!

Great book, super informative

This is an old outdated book, but yet so simple to read and understand the basics of arthritis and osteoporosis.

That's one of a wide range of healthy books written by Bernard Jensen. It's a valuable book to read it and to make it a life way. Greetings, Pablo

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Arthritis: An Ultimate Guide For Arthritis: (Symptoms of Arthritis, Rheumatoid Arthritis, Psoriasis Arthritis, Types of Arthritis, Cure for Arthritis) Arthritis, Rheumatism and Osteoporosis Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) E N B R E L (Etanercept): Treats Ankylosing Spondylitis (AS), Juvenile Idiopathic Arthritis (JIA), Plaque Psoriasis, Psoriatic Arthritis, and Rheumatoid Arthritis (RA) Healing Remedies, More Than 1,000 Natural Ways to Relieve the Symptoms of Common Ailments, From Arthritis and Allergies to Diabetes, Osteoporosis, and Many Others! Healing Remedies: More Than 1,000 Natural Ways to Relieve Common Ailments, from Arthritis and Allergies to Diabetes, Osteoporosis, and Many Others! Why do Africans Have Less Heart Disease, Diabetes, and Cancer? And no Depression, Osteoporosis, Arthritis, or Asthma? SHORT STORY #10: This is a motivational ... of #1- # 60 (Nonfiction series # 1 - # 60) Vitamin K:

Understanding The Healing Powers Of A Little Known Vitamin (Vitamin K, Vitamin K2, vitamin k2 and the calcium paradox, vitamin K and the calcium paradox, osteoporosis, osteoporosis cure) 7 Secrets to Prevent or REVERSE Osteoporosis and Osteopenia: How I Reversed Osteoporosis Naturally Without Drugs And How You Can Too!. Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) 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 The New Arthritis Breakthrough: The Only Medical Therapy Clinically Proven to Produce Long-term Improvement and Remission of RA, Lupus, Juvenile RS, Fibromyalgia, ... & Other Inflammatory Forms of Arthritis REMICADE (Infliximab): Treats Rheumatoid Arthritis, Psoriatic Arthritis, Ankylosing Spondylitis, Crohn Disease, Plaque Psoriasis, and Ulcerative Colitis Rheumatoid Arthritis Handbook: Arthritis Pain Relief and Prevention Through Holistic Healing (Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health) Giant Book of Kitchen Counter Cures: 117 Foods That Fight Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestion and ... Problems! (Jerry Baker Good Health series) Resolving Osteoporosis: The Cure & Guide Book: A Referenced Guide to Your Body, Life, Mind, Bones, Prevention and Diet While Dealing With Osteoporosis Arthritis Reversed: Groundbreaking 30-Day Arthritis Relief Action Plan Arthritis: Escape the Pain: How I Overcame Arthritis & How You Can Too! Healthy Bones & Joints: A Natural Approach to Treating Arthritis, Osteoporosis, Tendinitis, Myalgia & Bursitis Healthy Bones & Joints: A Natural Approach to Treating Arthritis, Osteoporosis, Tendinitis, Myalgia & Bursitis (Storey Medicinal Herb Guide)

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