

HOW TO REVERSE ARTHRITIS NATURALLY BY DR JOHN BERGMAN



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About the Author

Dr. Bergman was launched into chiropractic by a devastating accident that nearly ended his life. At 30 years old Dr. Berman was a hard working single dad when he was hit by a speeding car that left him with 2 fractured legs, a fractured skull and chest, bruised liver and heart. Thankfully, Dr. Bergman received the finest medical care that saved his life. However after 4 knee surgeries and multiple medications, Dr. Bergman knew that surgeries and drugs were not the answer to regaining health. Disillusioned by the modern symptom based mechanistic health care system, Dr. Bergman began a quest to find a vitalistic-based healthcare model to regain his health. He became an instructor at Cleveland Chiropractic College in Los Angeles Specializing in Human Anatomy, Physiology, Biomechanics and multiple Chiropractic Techniques. Dr. Bergman developed his own techniques and has an extensive knowledge of human anatomy and human physiology that few can match. Dr. Bergman's unique approach allows for many successes even with the most challenging cases.

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Arthritis reversal is more about human potential. On doing research for this book I studied several body-building groups. I found one in Japan where the minimum age is 75 years. That's right; you have to be 75 years old to join. A lot of people think that as we age we're supposed to break down, and that's not true. If you don't drive a car, the car is going to last a long time; but if you don't drive a body, it's going to break down early. With human beings, the more we use our body, the longer it works.

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Great, but...

By Peter C Parsons

I think the world of Bergman, his video clips and this book. His recommending a vegan form of eating is the hard part. I think his telling how the body can rebuild itself is a remarkable piece of information. Another thing: it is entirely possible that the man himself may possess curative abilities, and therefore people might not have the same positive results if not working with him personally. And I think not that many can afford his services.

4 of 4 people found the following review helpful.

Good basic theory book

By Amazon Customer

Good starter book to give the theory and starting point. If you already have the Bergman healthy eating book then this one is not as necessary

1 of 1 people found the following review helpful.

Easy to understand short book that give you all you ...

By rusty

Easy to understand short book that give you all you need to know to start getting well. Covers most of the info in John Bergman's you tube video.

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