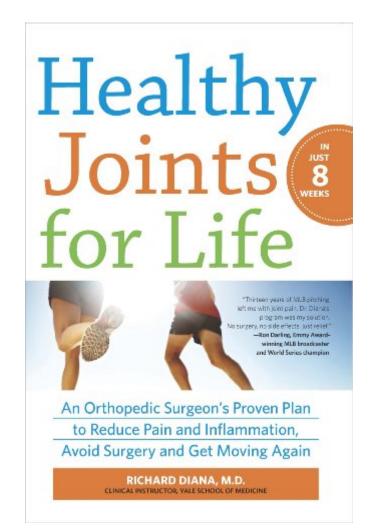
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Healthy Joints For Life: An Orthopedic Surgeon's Proven Plan To Reduce Pain And Inflammation, Avoid Surgery And Get Moving Again





Synopsis

No surgery. No medication. No drastic measures. Just healthy joints—for life! In this groundbreaking book, leading orthopedic surgeon and former NFL player Richard Diana, M.D., applies his unique experience and training to tackle join pain. Based on cutting-edge research that has clarified the crucial role of a molecule known as NFkB in regulating inflammation, Dr. Diana's proven eight-week program teaches you to harness the power of this research to reduce inflammation, relieve pain and rejuvenate your joints. THIS SCIENTIFICALLY-BACKED PROGRAM INCLUDES: ⠢ Which delicious foods reduce inflammation â ¢ Simple exercises tailored to your ability â ¢ The right supplements to help increase your mobility

Book Information

File Size: 6190 KB Print Length: 352 pages Publisher: Harlequin Nonfiction; 1 edition (February 1, 2014) Publication Date: January 28, 2014 Language: English ASIN: B00EFPO1O2 Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #422,404 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #68 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #109 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #197 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments

Customer Reviews

The author is remarkable. Richard Diana is a surgeon who did a lot of research to come up with a program to avoid surgery! That be like a stockbroker recommending you invest in index funds or a lawyer recommending against lawsuits! Things get a bit more complicated because Diana, as an alternative to surgery, is pushing supplement packages on his own website. So, he regenerates an economic interest. But, if a surgeon is pushing supplements to avoid surgery, it behooves us to

listen.Richard Diana imparts a huge amount of information in a user-friendly style. But, the information is dense. Diana graduated from Yale with a double major in biophysics and biochemistry. Thus, his approach to human physiology and nutrition is a lot more scientific (at the molecular level) than is common for lay readers. Diana is aware of that. So, he included an in depth 40 page long scientific section in one Appendix. Still the scientific level in the main text remains amazingly high. The first part of the book is really the main section. It has excellent chapters on how joints work, why they hurt, and how to take care of them with nutrition, supplements, and exercise. In this section, there is already enough information to make this a good book. The second part of the book consists in his 8-week program. This section is an overkill as I doubt that that many not under his direct care would have the discipline to stick to it. The authorâ [™]s main principle is to reduce inflammation in the body through lifestyle changes that keep inflammation molecular signals dormant. Those are called Nuclear factor Kappa Beta (NFkB). Think of the NFkBs as a red light alarm switch. So, you want to keep that red light (NFkBs) switch off.

First off, this isn't a book that reads like an infomercial as many books of this type do. The 'prescription' for joint pain reduction and avoidance proposed by the author seems based on sound molecular biology. In fact, the entire program has its basis in the work of a Nobel Prize winning scientist, who, in layperson's terms, unlocked the mechanism for 'body inflammation.' This book could be viewed as having three main sections, although they are not enumerated in specific parts of the book, but rather are interwoven into the text to help understand its therapeutic 'program': a section that provides the biochemical and molecular biological basis for an 'anti-inflammation' diet; in fact, the bibliography cites several hundred peer-reviewed studies that inform the basis of the books thesis. Additionally, for skeptics that have the 'figures lie, and liars figure' attitude, the author provides his own assessment of many of these studies, a technique that is sometimes called 'meta-analysis.' So, this fact and the fact that the author is an experienced and respected orthopedic surgeon (and ex-NFL athlete who would be familiar with soft tissue and bone injuries), gives him valid authority as an expert in the subject. The second part of the book is the diet/nutritional supplementation part, which is sensible and specific-recommending what supplements to take and advisement on who shouldn't take them. The third part of the triad is the exercise program which is a combination of stretching, aerobics, and muscle strengthing, with particular emphasis on exercise bands. The book is written in an accessible way; the author uses both clinical and anecdotal (or field) evidence.

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