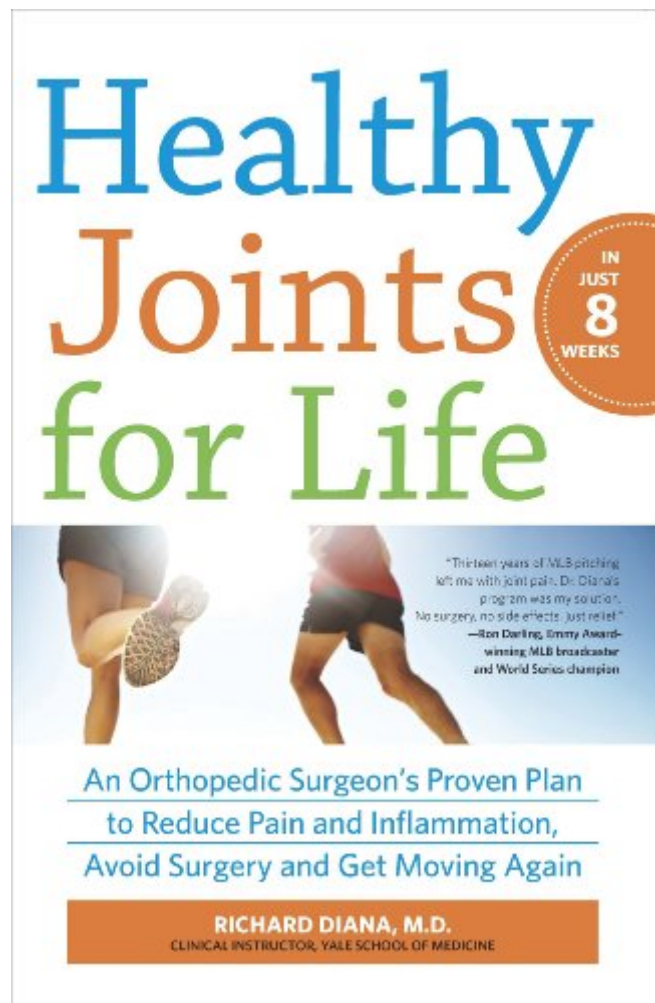


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# Healthy Joints For Life: An Orthopedic Surgeon's Proven Plan To Reduce Pain And Inflammation, Avoid Surgery And Get Moving Again



## Synopsis

No surgery. No medication. No drastic measures. Just healthy joints&#151;for life!Â In this groundbreaking book, leading orthopedic surgeon and former NFL player Richard Diana, M.D., applies his unique experience and training to tackle joint 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.Â THIS SCIENTIFICALLY-BACKED PROGRAM INCLUDES:Â â ¢ Which delicious foods reduce inflammationÂ â ¢ Simple exercises tailored to your abilityÂ â ¢ The right supplements to help increase your mobility

## Book Information

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## 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 author'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 NFkB as a red light alarm switch. So, you want to keep that red light (NFkB) 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 book's 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 strengthening, 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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Healthy Joints for Life: An Orthopedic Surgeon's Proven Plan to Reduce Pain and Inflammation, Avoid Surgery and Get Moving Again Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammalogy) Eating Clean: Reset Your Body, Reduce Weight and Get Rid of Inflammation - Healthy Whole Food Recipes Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) The Gut Healing Protocol: Reset Your Gut, Reduce Inflammation, Gain Energy and Feel Happier (Eat Your Way Lean and Healthy) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery So You've Got A Cataract?: What You Need to Know About Cataract Surgery: A Patient's Guide to Modern Eye Surgery, Advanced Intraocular Lenses & Choosing Your Surgeon Fight Inflammation: Favorite 25 Quick & Easy Recipes To Heal Chronic Disease And Inflammation In Vivo Models of Inflammation 2 Volume Set(Progress in Inflammation Research) (v. 1&2) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs What Every Good Lawyer Wants You to Know: An Insider's Guide on How to Reduce Stress, Reduce Costs and Get the Most From Your Lawyer Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without Surgery Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) You Can Heal After Spine Surgery: Managing pain, making decisions, preparing for surgery, and finally recovering from back and neck surgery. Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) The Migraine Miracle: A Sugar-Free, Gluten-Free, Ancestral Diet to Reduce Inflammation and Relieve Your Headaches for Good Ketogenic Diet: Ketosis For Diabetes -Lower Your Blood Sugar And Lose Weight(Reduce Inflammation,reverse type 2 diabetes,Insulin Resistance Diet) (paleo ... low carb high fat,keto clarity,diabetes,) Sugar Crush: How to Reduce Inflammation, Reverse Nerve Damage, and Reclaim Good Health