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# How I Achieved Freedom From Arthritis: Learn The Secrets That Can Reduce Pain And Increase Movement In Osteoarthritis

How I Achieved

## **FREEDOM FROM ARTHRITIS**

Learn the secrets that  
can reduce pain and  
increase movement in  
Osteo-Arthritis.

**Eugene Sims**



## Synopsis

This book explains never before released secrets in the treatment and management of Arthritis (mostly Osteoarthritis). Delivered from the first hand experience of the author, a Physiotherapist who suffered from Arthritis for 7 years. He since has developed his findings over 20 years and has helped many other Arthritis sufferers. Elimination of pain and restoration of movement are the aims of the treatment and self treatment is the focus. In many cases people have avoided what was thought to be inevitable joint replacement surgery and have gone onto live pain free normal lives. This book explains the philosophy and background to his methods.

## Book Information

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## Customer Reviews

Might be a good text for chiropractic school but not as a self help book unless you are prepared to purchase his DVD's.

Here's a new approach. I like it!

This was a wonderfully quick and very informative read. The author incorporates many of his own stories and situations with suffering from arthritis himself. Most people who will be reading this book will already know what arthritis is, but the author explains it in the beginning. Many who suffer from arthritis feel that there is no cure or that you have to do drastic invasive procedures or even have joint replacements done due to the pain and suffering. This author makes sure that the reader is aware that this is not a diagnostic tool but it is to be used only as a guide. Though there is great advice from the author on how to manage the arthritis, he admits that sometimes there is no other choice but to have surgery. Within these pages, Sims discusses the frustration of how arthritic problems can and may be misdiagnosed and mistreated for many common reasons. He addresses underlying issues that may lead physicians in these directions. Having dealt with this pain himself, Sims went to physiotherapy school so that he could help others find relief. He discusses how even anti-inflammatory drugs are not always helpful and how stretching loosens the joints and makes them more limber. Some of this may seem like common knowledge, but you will soon discover that some of the age old ways in order to care for yourself are actually wrong. I not only found this astounding, but it absolutely makes sense once it is explained to you. I am a registered nurse and the science behind his reasoning is sound, and I can't believe that we still are a culture that practices with old knowledge. This is definitely an eye opening book for anyone who feels that they may have arthritis or joint pain. I would recommend this book to anyone even remotely interested in this topic, you may just find relief that you never dreamed possible. I received a free copy of this book in exchange for an honest review.

I wanted to read this book on arthritis because, I too, have bad knees like Eugene, but for me, it is just old age and from years of standing on my job. I found this book informative about how you need to stretch and strengthen your muscles around the joint that are causing your problems. Also, massage is an intricate part of helping to relieve pain in the muscles and also' to add moist heat to help relax the muscles that are causing you pain. Eugene even explained trigger point massage which can help the referred pain you can have with OA. For example; with rebalancing, all your legs muscles with massage and stretching you can return to most of your previous activities. The rebalancing of the muscles allows the knee joint to function normally again and without pain and restriction. That sounds great to me for going up and down stairs are killer to me when my knees are hurting badly. I really think with using Eugene stretching and strengthening to areas in your body causing you pain from OA you may be able to avoid surgery for years to come from having a knee and/or hip replacement. I strongly suggest calling your PCP to have them referred you to a

Physiotherapist who can work on you to help you find relief from OA and to show you how to do trigger point massage, stretching and strengthening exercises that sound a lot better to me than facing and months of recovering and rehab. I was a little disappointed that Eugene didn't have the stretching and strengthening exercises in this book, that is why I gave 4 out of 5 stars, you have to send away for the CDs on his website for each area of your body you need to work on for pain relief of OA. I received a free copy of this ebook in exchange for an honest review.

There are two things I liked the most about this book:-The first is the approach that there are other, less invasive paths to journey down than resorting to surgery or painkillers for the rest of your life. Certainly some cases WILL require surgery but wouldn't it be nice if you could avoid that route unnecessarily? I am someone who, in my daily life look to lifestyle changes and more natural ways of solving health problems so I really appreciated this approach.-The second is the multiple anecdotal cases the author talks about and how they were ultimately solved. Since each case of osteoarthritis is slightly different, it is helpful to have several different scenarios detailed so that the reader can try to find the one they identify with most and maybe try those same methods. In addition, it is encouraging to hear about so many people who had such success with these methods. The only thing that was a little disappointing is that it would be difficult to put some of the advice into practice without further instruction or more detailed explanation. For example, stretching is encouraged- but without visuals or detailed instruction I would be afraid I would make the pain worse. I understand a DVD and workbook is available for purchase as a next step, but I did feel like I would have completed the book with a little more of a laid out plan of action. I received a copy of this book in exchange for an honest review.

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