

Arthritis Reversed

Second Edition

Arthritis Reversed

*Groundbreaking 30-Day
Arthritis Relief Action Plan*

Dr. Mark Wiley

***Join the Tens of Thousands Who Use This
Groundbreaking, Natural Approach to
Prevent, Slow, and Reduce the Painful
Symptoms of Arthritis ... Today!***

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Praise for “Arthritis Reversed”

“Dr. Mark is one of the great health and wellness minds of our generation.”

– **Herb Borkland, MA**
Emmy-Award Winning Broadcaster

“Dr. Mark Wiley is one of the most knowledgeable health and wellness experts I know. I’m certain you’ll find this book to be an invaluable resource.”

– **Jesse Cannone, CFT, CPRS**
The Healthy Back Institute

“Dr. Wiley is one of the most clear thinkers and writers in complimentary medicine today. This book is revolutionary and yet it is so simple to follow each step of his plan. Arthritis and the fear and stigma of arthritis causes many people to unnecessarily accept a lower quality of life. Armed with Dr. Wiley’s excellent book, I hope thousands of people will take back control of their lives, follow his plan and live the life they were born to enjoy.”

– **Dr. Glenn P. Lobo, DO, LicAc, MBAcC**
The Caring Osteopath

“Dr. Mark Wiley’s approach is both personal and practical. Since he ‘knows what it is like’ to experience arthritis.”

– **Dr. Brett D. Cardonick, DC**
Cardonick Chiropractic PC

“‘Arthritis Reversed’ is an ode to pain and discomfort. It is a road map to recovery for a very complex far reaching disease: arthritis. More than that, it is a skilled and learned man’s work at deciphering the human body and a management program, all rolled into one. Dr. Mark Wiley took all the scientific research,

the traditional holistic approaches and his own personal experience and has now supplied the public with simple answers to a painful condition. This truly is a book to own and use. 'Arthritis Reversed' is a road map to recovery from arthritic pain and will help you get your life back."

– **Dr. Robert del Medico, DAC, CertOT, CHt, RMT**
Gestus Manuel Therapy, Advance Family Chiropractic

"Dr. Mark Wiley has written an incredibly informative book that can help everyday people deal with and reverse the effects of arthritis, utilizing natural methods with no side effects. Dr. Wiley is to be commended for taking decades worth of research on natural wellness practices and creating an integrated approach to optimal health and well-being. I wholeheartedly recommend this and any other book by Dr. Wiley to anyone who is suffering from Arthritis or other health issues. Do not let arthritis rule your life! Get this book and see what it can do for you. It has helped my patients gain more control over their lives."

– **Dr. Dale Dugas, DOM DiplOM LicAc**
Dugas Acupuncture and Chinese Herbal Medicine

"If you have arthritis, you need to read this book. Dr. Mark Wiley is a learned healer with a mind for truth about pain and how to relieve it."

– **Alan Orr, LAc**
The Chinese Medicine Academy

"Our readers have asked for the perfect resource to help them overcome arthritis pain. We've shared invaluable bits of wisdom from Dr. Wiley with them whenever we can. With the release of *Arthritis Reversed*, he's drawn back the curtain and given the world the definitive Arthritis Relief Action Plan so everyone can live pain free."

– **Steve Coombes**
Managing Editor, Live Pain Free

This book is for YOU – the arthritis sufferer – who is tired of letting pain control your life. In these pages, you will find the keys to lasting relief.

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Foreword by Dr. Robert Chu

I am pleased to write this forward for my good friend and fellow researcher and clinician, Dr. Mark Wiley. His work here will give anyone suffering from pain and arthritis a host of new ways to control their pain, and to consider other options, rather than using over-the-counter medications and/or conventional medicine.

He exposes the myths of arthritis, various types of arthritis and risks, and the issues that mainstream medicine can actually exacerbate. Dr. Wiley explains the biggest mistakes made in treating arthritis, and the inflammatory response and how to curtail that with foods, control of emotions, reducing stress, and natural supplements that can empower you to relieve your pain.

Finally, Dr. Wiley empowers you with a complete month-long plan to reduce your inflammation, set goals to curtail the pain, and put into action all you need to master arthritis relief. I highly recommend this book to anyone suffering from any form of arthritis.

– Robert Chu, PhD, L.Ac, QME
International Lecturer on Acupuncture and
Chinese Medicine
Clinical Supervisor, Emperor's College of
Traditional Oriental Medicine
DAOM lecturer, Disney Family Cancer Center

A Personal Message from Dr. Mark Wiley

Hello, I'm Dr. Mark Wiley and I've spent decades researching and mastering natural wellness practices around the world. I've taken those techniques and pioneered a powerful integrated mind/body approach to optimal health and well-being. It's a self-directed (do-it-yourself, DIY) kind of approach. And it is based on this fundamental truth:

***You don't have to live in pain.
You don't have to suffer a chronic health
condition. The arthritic pain and inflammation
you "deal with" every day do not need to be
permanent fixtures in your life. I will tell you
why and show you how to overcome them.***

I know you wish it were true ... and I am here to tell you, it is!

Yet, from early on, you are taught to "manage" and "mask the symptoms of" and "live with" your poor health conditions. This is perverse. It goes against our homeostatic (self-balancing) nature. What's more, despite lackluster results, too many people keep following

the practices of a healthcare system that simply has not delivered on its promises.

Are we doing this because we don't realize it's not working? Surely, our chronic daily pain and suffering is the indication it's not working.

Simply put, mainstream medicine fails to eradicate our everyday pains, illnesses and diseases. It fails because it is *passive* and *reactionary* and thus unable to prevent you from experiencing chronic health conditions like heart disease, diabetes, hypertension, obesity, stress, anxiety, depression, headache, back pain, tendonitis and hundreds of others ... including arthritis.

And this model will always fall short because it uses *disease* as its basis of finding *health*. That is, you see your primary care physician when you are ill, the doctor diagnoses your illness, labels the disease, then prescribes a protocol for treating that disease or symptoms. Your personal health issues are “managed” by prescription medication, various therapies and surgery. Natural treatment can also fall into this category, if the approach is relief of symptoms and not correction on underlying (root) causes. While treating symptoms of pain and inflammation are necessary for immediate relief, it must be done as an intermediary step while implementing a truly corrective approach, such as the one presented in this book. After all, any model based simply on symptomatic relief (whether modern or traditional) can never hope to resolve your daily wellness problems.

The important thing, as a person suffering with arthritis, is to see and know that the solution to your daily suffering

is grounded in a five-part process called the Arthritis Relief Action Plan:

Arthritis Relief Action Plan

- Part 1: Educate yourself about the real causes and solutions of arthritis**
- Part 2: Reduce the current level of symptoms you are experiencing**
- Part 3: Halt or significantly reduce the worsening of your arthritic condition**
- Part 4: Prevent the symptoms from flaring to improve your quality of life**
- Part 5: Regenerate healthy tissue to reverse the damage done**

These five parts can be achieved. In fact, for the best and fastest results, you should work toward them at the same time. One does not come before the other, with the exception of educating yourself as to what to do and how to do it. I have written this book with the express purpose of delivering to you, in one place, all of the information you need to satisfy all five parts of the arthritis equation.

When it comes to arthritis relief, I am sure you have spoken to many specialists. So why should you believe in what I say? Well, for starters, I know how you feel. Like you, as I went from doctor to doctor, desperately hoping for relief, no one could help me. Every day was a soul-destroying battle with neck and shoulder pain, mid-back pain, hip pain and head pain. Pain, pain, pain.

You see, I suffered from severe chronic headaches and musculoskeletal pain my entire life. While I was trying to sleep one night about nine months ago, from seemingly out of nowhere my hip started pounding, throbbing in pain. The pain radiated down the front of my leg and under my knee. It was very painful and I went to get X-rays and an MRI to see what was wrong.

As it turns out, now in my middle age, I have been diagnosed with arthritis of the left hip. This was no fault of my own. My arthritis is secondary to a slipped capital femoral epiphysis. That is just a fancy way of saying when I was around 10 or 12, the head of my thighbone slipped slightly off its growth plate. This caused the ball-end of the thighbone to connect off center with the socket joint of the hip. This caused chronic pain, muscle contraction, limited range of motion and, over the past three decades, osteoarthritis. As a result, I have been advised by orthopedic surgeons to have my left hip replaced. No thank you.

Unlike some chronic pain sufferers, I was fortunate enough to have familial support. My parents are both healthcare professionals. Unfortunately, even with their love, direction and referral to experts in various specialty fields, the suffering was constant, unbearable and unrelenting. I was forever putting myself in front of medical doctors, osteopaths, naturopaths, chiropractors, physical therapists, psychologists, allergists, body workers, hypnotists and dietitians. No treatment or surgery had lasting results.

I became proactive in college. In addition to studying medical anthropology, I was in close contact with dozens

of mind/body health practitioners around the country. I became a research assistant at Harvard Medical School, looking into how to combine various mind/body methods for pain relief and even using martial art drills as vehicles to create altered states of consciousness. Yet despite all this, the net results were underwhelming. I was finally forced to face the fact that conventional Western medicine and many of the so-called “complementary medicines” were unable to heal me. So I became the Marco Polo of pain.

I began traveling, tracking down rumors of cures for pain and suffering to be found in far-away places with strange-sounding names. Reiki and QiGong in Japan, tui na in Taiwan, acupuncture and traditional herbs in Singapore, faith healing and bone-setting in the Philippines, spiritualists and medicine men in Malaysia. Been there, done that, designed the T-shirt. Yes, as with Western doctoring there was some short-term relief, but the pain always returned. Always. Then one day, I had had enough and decided to make a final desperate change in my life's direction.

What did I do?

I went back to school, thinking that if I had the necessary background in human anatomy and physiology that I could better understand and assimilate the methods of the great healing traditions. And I was right! I earned a Master's Degree in Health Care Management also earned doctorates in Acupuncture and Oriental Medicine (OMD) and Alternative Medicine (PhD). Over the past 15 years of treating patients, lecturing worldwide and writing books and hundreds of articles, I developed a

proactive self-directed, self-cure model of optimal health and pain-free living. The invaluable information found in this book is derived from the principles of that method. The solutions for each specific disease or condition – like arthritis – is set into the plan template, for specificity.

The Arthritis Relief Action Plan entails some key lifestyle changes. These are necessary when it comes to defeating the debilitating symptoms of arthritis. While lifestyle changes are the only way to correct imbalances and *remain in an optimal state of health, they are not always difficult*. Sure, some may be more difficult than others for some people, depending on their habits. But some of the suggested changes are very simple and even fun.

With this in mind, “Arthritis Reversed” is divided into three sections, and each should be read in sequence for best results.

Section One: The Many Causes, Myths and Triggers of Arthritis aims to educate you on the what’s, why’s and how’s of arthritis in easily understandable language, less jargon and more explanation. By understanding the arthritis situation from many perspectives (not just medical, but holistic and alternative, too), you will see the condition for what it really is. This section lays out *the obvious and the hidden causes of arthritis* and the many things that make it worse – many of which, as you will learn, you have direct control over.

Section Two: Natural Solutions Your Doctor Doesn’t Know provides an overview of the most powerful and accessible treatment options for arthritis. It discusses both Eastern and Western methods, from bodywork to energy medicine to pain creams, diet and supplementation. It

offers a broad view on the many options available to you for relief, some of which you may not have been aware of. It aims to give you insights into each so you can find one or several that may work best for you.

Section Three: The 30-Day Arthritis Relief Action Plan is set into three “30-Day Action Plans” that pull all of this information together for you. It gives you the “how to do it” approach, by putting into place a series of steps, and an action plan, that you can manage over a brief period to help you achieve the five-part solution mentioned above. Its only aim is to provide you with a map that will lead you to arthritis relief and, ultimately, a better quality of life.

I would like to point out how important it is to have a mentor when dealing with health and wellness. It is difficult to do on your own, even with the Internet offering scads of articles at your fingertips. Sure, a day spent surfing the Net could turn up hundreds of separate articles that discuss some of the things found in this book. But is that enough? I don’t think so. Without a context in which to understand and place the information, how can you hope to implement it in an appropriate and significant way? I have the education and experience necessary to assimilate the individual parts of the arthritis puzzle and then present the parts as a cohesive whole. So let me be your mentor, let this book provide you with the proper context in which to understand arthritis, its symptoms and the methods available to overcome its debilitating effects on your life.

In the pages of this book, I show you how to determine the underlying – and sometimes hidden – causes of

your arthritic symptoms. These are actually obvious root causes and contributors that are only “hidden” because you have not (yet) been taught to look for and identify them. I’ll show you how to do this and then how to use that knowledge to reduce your pain and halt or slow the progression of the condition, typically within 30 to 90 days. The information and plan is comprehensive, easy to understand and set out in a way that you can follow. And don’t worry: what you’ll discover in the following pages will pass your “common sense” test with flying colors. As you read, you’ll find yourself nodding along and telling yourself, “Yes, this makes sense.” The information and program in this book worked for me and it can work for you, too. Let’s get started on overcoming your arthritis so you, too, can live a pain-free life.

– *Dr. Mark Wiley*

SECTION 1:

The Many Causes, Myths and Triggers of Arthritis

CHAPTER 1

The Eight Biggest Arthritis Myths

For any wellness action plan to work there must be a clear understanding of the various aspects involved. The puzzle pieces must be identified before steps can be taken to piece them together. This all begins with clearing up the myths and setting forth the facts of the situation, and this chapter aims to do that for arthritis.

The line between fact and fiction is often thin. People form their beliefs on what they think sounds *reasonable* based on their education on a given topic, whether they gain that information from a friend or doctor, read it in a magazine or online, or saw and heard it on the news. Myths in healthcare take shape (and indeed take on a life of their own) when a sound bite or piece of information is spread and made public as fact before the person or companies releasing that information have the necessary *context* in which to consider the so-called facts. Without a context in which to understand something, any piece of content (information) is meaningless.

When it comes to diseases and conditions like arthritis, the pain and symptoms can wreak havoc on a life. If left unchecked, the quality of life of the one suffering arthritis can be destroyed, as well as the life of those close to them. As a person suffering from arthritis, you

know how difficult it can be to maintain your quality of life, your daily routines, your cheery disposition and positive outlook regarding your disease and your life. This is especially true during times of extreme pain and immobility. Please know and believe me when I say, “severe pain, immobility and negative outlook do not have to be the center of your life.” This book aims to help you believe otherwise.

To begin, I wish to present you with seven of the most common myths surrounding arthritis. Please take your time as you read this chapter and consider each myth. For those myths you believe, be open to understanding the myths and then believing the facts.

It is my sincere hope that by understanding these basic yet simple facts you will find a more positive view of your arthritic condition and, as a result, be more inclined to follow the therapeutic solutions found in later chapters. After all, a firm belief based in fact goes a long way toward beginning and maintaining a wellness program, especially when one is facing daily pain and physical and emotional debilitation. Let’s look at those myths.

MYTH #1:
Rheumatoid Arthritis (RA) and Osteoarthritis (OA)
are the Same

Perhaps the most pervasive myth of all is the notion that there is only one type of arthritis and it just happens to have different symptoms for different people. While it is easy to see how people might think that, it is not the case. In fact, there are over 100 different types of arthritis; the three most common being osteoarthritis (OA), rheumatoid arthritis (RA) and juvenile arthritis (JA).

While rheumatoid and juvenile arthritis are *diseases*–autoimmune diseases, to be precise – osteoarthritis (OA) is not a disease at all. It is a symptom of joint degeneration.

Autoimmune diseases, like rheumatoid and juvenile arthritis (and type I diabetes, lupus, multiple sclerosis, etc.), are progressive and associated with a systemic autoimmune disorder. That means the body makes antibodies that attack its own tissues and joints when triggered by some unknown event. Such triggers are known to include a reaction to a virus, the flu shot and stress. In the case of RA and JA, the joints are affected from the internal imbalance.

On the other hand, osteoarthritis is the result of any combination of several external factors, including traumatic physical injury and excessive sports or physical activities over the course of decades. This causes wear and tear of the joints, as well as of the cartilage separating the joints and the surrounding tissues (tendon and muscle).

Therefore, “arthritis” can be correctly thought of as a disorder of the joints with two main causes: (1) incorrect autoimmune response and (2) wear and tear on the joints. So while the symptoms may be similar, RA and JA are diseases while OA is a symptom of a structural joint problem brought on by external stressors.

Just having basic clarity on this first myth alone should provide you with some anxiety relief. After all, most people with arthritis have osteoarthritis (only one percent have RA). Simply knowing that it is not a disease and that its symptoms are quite manageable with natural, non-invasive approaches should provide you with

enough hope for change that you find almost immediate improvement in your daily outlook.

MYTH #2:
**Arthritis Is a Normal Part of Aging and Only Affects
the Elderly**

If you look around it is easy to see how this myth formed and took hold. There are plenty of elderly afflicted with arthritic conditions. And since many elderly can be seen with the visible signs of arthritis (i.e., misshapen hands, walkers and wheelchairs), one might conclude that arthritis is a normal part of the aging process. However, this is not the case anymore.

To begin correcting this myth it is important to know that rheumatoid and juvenile arthritis are autoimmune diseases and, therefore, have nothing to do with aging. Osteoarthritis, on the other hand, is a result of joint wear and tear based in injury and/or overuse, which can come on at any time – or not at all. As such, OA also is not a “normal” part of the aging process.

By keeping the immune system strong and stable, eating right, exercising right and taking care of bone and joint health, the onset and debilitating effects of arthritis need not be part of your aging process. And with better diagnosis and natural treatment remedies and therapies available, when you find you have the condition you can stop it and reduce or even reverse its symptoms, so they will not progress into your senior years.

MYTH #3:
**If You Don't Look "Sick," You Don't Have
Rheumatoid Arthritis**

If one is only looking to the outward signs and symptoms of RA to know if they have it, they will be amiss. Even when people do not have the visible outward signs of rheumatoid arthritis, such as red swollen joints and misshapen fingers, they can still suffer symptoms, like joint pain, fatigue and a general sense of feeling unwell. Again, RA is an autoimmune disease and can be active before visible signs of it manifest.

The best way to know if you have, or are at risk for, RA is speak to your primary care physician, look into family history and do some blood work. Knowing your risks ahead of time, or early enough in the continuum of the disease, will help you get a jump on the symptoms and immune regulation needed to live a better quality of life.

MYTH #4:
If You Have Arthritis, You Should not Exercise

This is a myth most believed by those suffering the symptoms of arthritic pain and inflammation. Decades ago patients were told not to exercise because it would rub the joints and make things worse. This is incorrect. While it is true that depending on your arthritis type and conditions certain exercises should be avoided, this is not a blanket statement about all forms of exercise.

The fact is, a certain amount of exercise can greatly help reduce the symptoms of arthritis. Most often, those with

arthritis in the hips and hands feel pain in the joints and inflammation and/or contraction in the muscles and tissues around those joints. However, part of what is contributing to the pain and stiffness is the limited range of motion within the joint structure that has happened as a result of not exercising.

The first step is to begin exercising slowly, lightly and with limits so as not to worsen or aggravate the conditions. Moving each joint slowly at first helps lubricate the joints and stretch the muscles. Strengthening exercises can help stabilize the arthritis joint structures. This in turn helps bring fresh blood, and thus oxygen and nutrients, to the area, which decreases inflammation, stiffness and pain. Exercise can increase in rigorousness and time as you are able.

The myth that one must rest and not exercise with arthritis no longer holds water. In fact, the National Institutes of Health (NIH) advocates exercises to help keep your muscles strong and your joints flexible ... and to reduce the symptoms of depression, which can be common among people with a long-term illness like rheumatoid arthritis.

MYTH #5: Different Climates Have No Effect on Arthritis

This myth is especially troublesome to me. To explain why, it is necessary to understand that there is truth within the myth, depending on the context of the conversation. According to the National Institutes of Health (NIH), there is no scientific evidence to support the notion that cold weather or environments cause arthritis or alter its

course, or that warm weather can reverse or cure arthritis. All of this is true.

However, the important issue here is that both cold and warm weather can affect arthritis in negative or positive ways. Climate does play a role in how one experiences the symptoms of their arthritis. Cold weather constricts muscles, tendons and blood vessels, causing constriction around the joints, and thus pain and limited range of motion. Heat allows muscles to expand and blood to flow, and so relieves compression around joints and helps move fresh blood into the arthritis area. This reduces pain and stiffness and increases range of motion. Damp environments (whether warm or cold) cause inflammation around joints, and thus restrict movement and cause pain.

So while cold weather does not cause arthritis and warm weather does not cure it, it is clear that climate does play a role in how one experiences their arthritic condition and the symptoms involved therein. Therefore, temperature and climate should not be ignored when putting into place an arthritis relief action plan.

MYTH #6:
**Arthritis Will Lead to Disability, Wheelchair and the
Nursing Home**

This myth is a hard one to bust, especially since it is formed and held in place by individual belief systems. As a result of our history of poor arthritis diagnosis, treatment and prevention methods, many who contracted arthritis did end up with a walker, in a wheelchair and living in assisted environments. Seeing them today can make one

think the same will happen to you. However, what used to be fact is now fiction.

The first thing to understand is that arthritis is a continuum; it is not one size fits all. Moreover, as awareness of the RA disease and the OA condition increases, improved medical tests have become more specific to diagnose it sooner so treatment and preventive measures can be put into place. Three of the common blood tests are: measure the rheumatoid factor (RF), citrullinated peptide antibodies (anti-CCP), and erythrocyte sedimentation rate (ESR). Moreover, with information on diet, supplementation and with aided therapies like chiropractic, acupuncture, quantum touch and others, there are many restorative options available to halt its progression (if it is already there) and prevent it (if not).

Rheumatoid arthritis is the more difficult of the two most common types to control, as it is an autoimmune disease. But early detection and stabilization of the immune system can help keep it from progressing too rapidly. In fact, a study in the *Journal of Rheumatology* found that “after 10 years, 94 percent of the patients managed daily life activities independently.”¹ This is promising indeed, especially since those in the study did not have a wide blanket of options at their disposal. Moreover, supplementation and change of diet and various therapies can reduce its symptoms while strengthening the affected and surrounding joint areas.

Osteoarthritis is easier to account for, stop and manage symptoms as they are mostly related to lifestyle and activity choices, bone and joint health and weight. Thus,

the notion that if you get arthritis your history is written and you will end up in a wheelchair or in assisted living is no longer valid today. That is, if one takes the necessary steps, as detailed in this book.

MYTH #7: Arthritis Sufferers Have To Live In Pain

This is a huge myth that is widely believed. Why? Because many arthritis sufferers *do* live in pain, with daily stiffness and inflammation. They are suffering greatly, yet needlessly. Why? Because they don't know all of the parts of the arthritis puzzle. Knowing them instills knowledge and knowledge provides the impetus and power for change.

By engaging in mind/body exercises to reduce stress, eating an anti-inflammatory diet, stretching, exercising, taking proper supplementation, using therapeutic creams and seeing practitioners for complementary wellness visits, you can greatly reduce, if not almost completely remove, the daily throbbing pain of arthritis. Inflammation decreases, blood flow increases, joint pressure reduces, joint support strengthens and pain slips away. While it takes time and effort, and a lifestyle change, you do not have to live your life in debilitating pain just because you have arthritis.

Will there be a certain level of pain associated with your arthritic condition, even after mindfully doing all of the steps and taking all of the advice in this book? Perhaps, but it should be nowhere near the levels you feel today. Even with the best treatment plan, the best healthcare providers, the best supplements and diet there are so

many things to control. These include sleep patterns, stress levels, genetic makeup, and potential slips and falls that can increase your pain. However, you can control many of these, so you do have the means to reduce significantly the pain associated with arthritis.

MYTH #8: Arthritis Can't Be Reversed

The notion that the damage done by arthritis cannot be reversed is perhaps the biggest myth of all. It is easy to see why people think this, and how the myth started, but it simply is untrue. You see, many of the “common beliefs” about arthritis are derived from a Western medical point of view. This view believes nothing can be done to reverse damage, and so patients need to manage their condition as best they can. In other words, symptomatic relief only. However, traditional and holistic medicines have natural methods for increasing bone density, rebuilding bone and regenerating soft tissue. In other words, a natural approach to reversing damage done by arthritis based on using supplements, topical creams and energy medicine. In the chapters that follow you will learn about these natural approaches and how they can help you.

Concluding Thoughts

It is my sincere wish that you not suffer the many debilitating symptoms of arthritis and that they not derail your life. I hope that you brought an open mind to my explanation of why the above seven myths do not hold water and understand that you are not prisoner to them. While it may be true that these eight myths are popularly believed, they are not grounded in irrefutable

fact. Dismiss these myths and learn the facts of the situation so you can change your arthritis experience by, in many cases, preventing the progression of both rheumatoid and osteoarthritis. At the same time, you will reduce symptoms and improve your quality of life on a daily basis.

Knowledge is power and understanding fosters wisdom. I recommend you read the book, “Virus of the Mind,” by Richard Brodie. Not only will it help you understand how your beliefs are created but how to protect yourself from outside forces that can corrupt your mind into believing one thing over another (even when the one thing is not correct or helpful to you).

Chapter 2 will give you a better understanding of where you stand and how to relate to the powerful, potentially life-changing information and action steps provided later in the book.

Chapter Review

- Knowledge truly is power; separating truth from myth is essential to begin your journey to a life free from arthritis pain
- Most people suffer from Osteoarthritis, which is not a disease, but merely a set of symptoms you can manage, overcome and reverse
- You do not have to accept arthritis pain as you age
- You can look healthy and be active, yet still have arthritis
- You can exercise with arthritis, and it will help reduce your symptoms
- You can improve your symptoms through a change in climate or temperature
- Your diagnosis does not sentence you to a wheelchair or nursing home
- You do not have to live in pain; there is hope
- Your arthritis and its symptoms can be reversed; I'll show you how

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Tambuli is the name of a native instrument in the Philippines fashioned from the horn of a carabao. The tambuli was blown and its sound signaled to villagers that a meeting with village elders was to be in session, or to announce the news of the day. It is hoped that Tambuli Media publications will "bring people together and disseminate the knowledge" to many.

