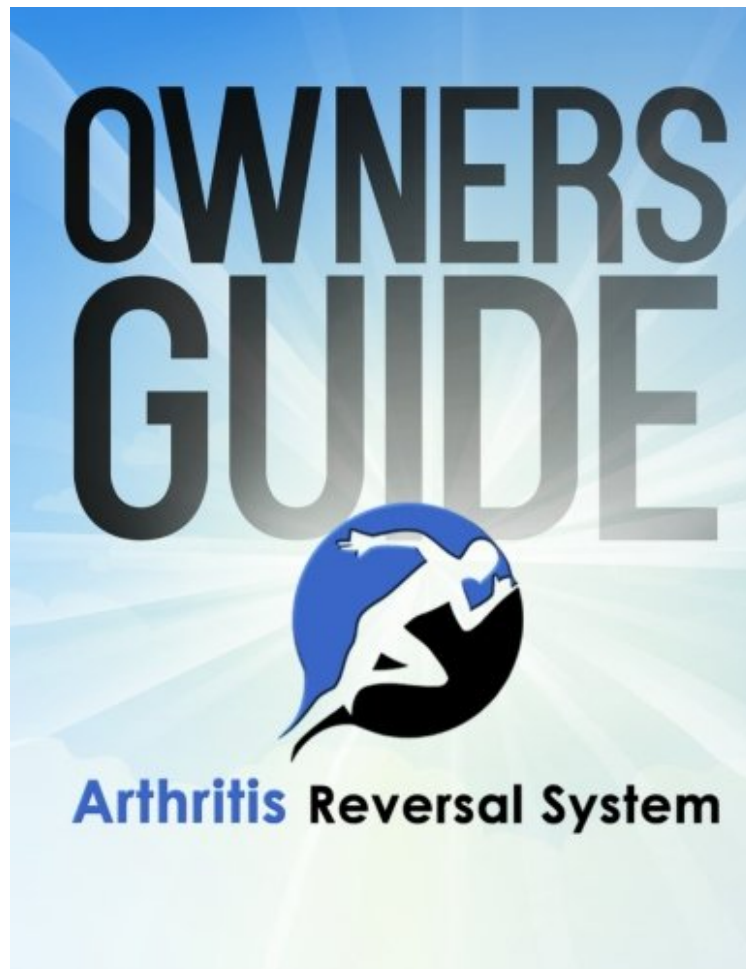


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Arthritis Reversal System Manual

Dr John Bergman

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Arthritis and drugs. Now, this is going to be kind of like Basic Common Sense. I know it's going to sound crazy

because arthritis... it's the plague! It happens when you're old. No, it's not true. Joints are brilliant and what's neat is, you know how mom said, Don't crack your knuckles. They're going to swell up and cause damage? No, the British medical journal did a study and found out that habitual knuckle crackers, and you've got to love the Brits, they have a remarkable lack of arthritis. Joints have to move to be healthy. Every time you move a joint, it pushes blood and fluid to hydrate it. This is why medications are so vital to understand. The medications get into the blood stream. They affect metabolic processes. If you realize that your body is a sea of metabolic processes including joints, all of the structures in the body are alive. I know this sounds crazy but I talk to multiple, multiple health care professionals. They come to see me. I've got orthopedic surgeons, liver specialists, pharmacists; I've got hundreds of nurses. Nurses get the big picture. God bless you, gals. When you look at it, all the tissue in the body is alive. For all of the tissue in the body to be alive, you have to do a couple of things with the cells. They've got to take in nutrients, they've got to produce proteins and they've got to eliminate waste products. That's every cell. That means the meniscus has to do that. That means the cartilage has to do it. That means the bones have to do it.