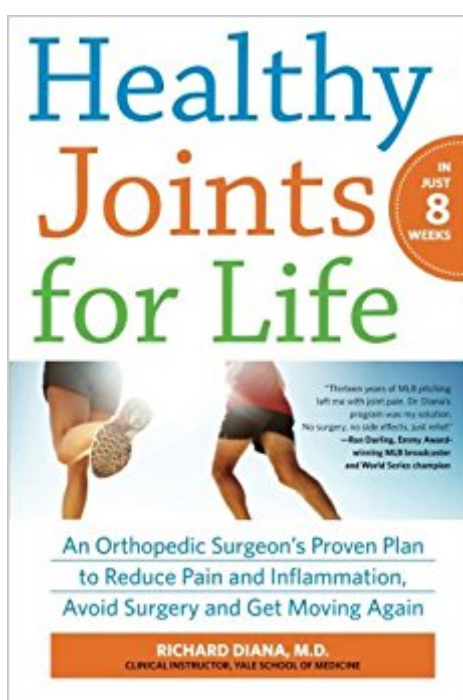


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# Healthy Joints For Life: An Orthopedic Surgeon's Proven Plan To Reduce Pain And Inflammation, Avoid Surgery And Get Moving Again



## 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 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. THIS SCIENTIFICALLY-BACKED PROGRAM INCLUDES:

- Which delicious foods reduce inflammation
- Simple exercises tailored to your ability
- The right supplements to help increase your mobility

## Book Information

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## Customer Reviews

"Rich Diana's Healthy Joints for Life is a must read for every athlete, whether a professional or a weekend warrior. It is a comprehensive, scientific yet highly readable book that I wish I had available to me during my 13-year professional football career. I could have minimized a lot of pain and lost time. I am recommending that all athletes, regardless of their level of competition, add this important book to their required reading. Kudos to my fellow NFL and Yale brother for sharing such important information." -Calvin Hill, retired NFL veteran

"This is a must read for anyone looking to reduce pain and inflammation. I highly recommend it to the retired professional athletic community. A well-reasoned program from one of our own." -Kellen Winslow, retired NFL veteran, NFL Hall of

Fame"Thirteen years of MLB pitching left me with joint pain. Dr. Diana's program was my solution. No surgery, no side effects, just relief."-Ron Darling, Emmy Award-winning MLB broadcaster and NY Met 1986 World Series champion"Healthy Joints for Life is a thorough, well-reasoned and well-presented book. Congratulations to Dr. Diana for his efforts to help those of us with joint pain."-George Grande, ESPN, NY Yankees, St. Louis Cardinals, Cincinnati Reds play-by-play announcer

RICHARD DIANA, M.D., retired from the Miami Dolphins after Super Bowl XVII to attend Yale School of Medicine. He has been an orthopedic consultant to several collegiate athletic programs as well as to the Boston Red Sox. Dr. Diana is a board-certified surgeon and has been named a Top 100 Doctor in America. He is a clinical instructor at Yale School of Medicine and attending surgeon at Yale-New Haven Hospital.

I have a lawn management business and the wear and tear on my body is pretty extreme. I walk about 15 miles a day. I have for 30 years now. I am about 250 pounds of solid man so moving all that weight was bound to eventually cause problems. I started having pain in one of my knees. When doctor told me I was doing damage to my organs with pain killers I started researching "knee pain" and trying to find alternatives to drugs. I came across this book and thought it made sense. He wasn't selling anything, he didn't have his own line of vitamins or fancy creams. He just gives you his insights into what he knows and what he has learned. I started taking the supplement list he suggests. It's expensive per month but not too much. Well, in my opinion, it has helped me tremendously. I don't take pain meds and I only take his suggested supplements. My knee pain is still there but very faint, not like it was before. So I can say that the book has helped me learn about my body, my joints and how to keep them in fairly good shape as I move into my 50's. I don't plan on slowing down with my business so I feel I am on the right track following Dr. Diana's advice. I hope it helps you as well. You have to try in order to know.

With arthritis in the family, having been a runner through my mid-40s, (OK, a jogger), and having not too long ago passed the halfway mark (i.e., my 50th birthday) this book offered me a wealth of information about staying in good shape for a long time. Author Richard Diana was a professional football player who experienced significant trauma to his knees and body. As an orthopedic surgeon, he regularly treats people with severe arthritis. He wrote this book to share what he's learned about the best way to treat arthritis to maintain healthy joints. Written in terms that a layman

can understand, Dr. Diana describes the root causes of arthritis, particularly the role of inflammation. He outlines the basics of inflammation, how joints work and what can go wrong with them, the foods that help or hinder inflammation, the role of supplements, and how exercise helps. He follows this with an eight-week plan to reduce inflammation and reduce pain, providing different approaches for people with mild, moderate, or severe arthritis. The appendix provides more in-depth information about the cell science behind inflammation and pain. I found Dr. Diana's recommendations to be helpful, but not all that surprising. Suggestions about diet and exercise are consistent with many other resources on health. What I found particularly useful were the discussions about the types of food that either cause or reduce inflammation (hint: carbohydrates are not so great). I was surprised by the lengthy list of supplements that Dr. Diana recommends, many but not all of which have strong evidence to support them. This book would be useful to not only people who already have arthritis, but also to anyone who wants to maintain a healthy lifestyle. Even folks who already eat healthily and exercise could glean more tips from this book about what foods to add to their diet and which ones to cut back on. I'm not a big fan of supplements, so I'll withhold judgment on that chapter.

wow; if you have arthritis and/or joint pain read this book before any surgery. Compelling scientific studies covered in interesting way mixed in with his football and pts anecdotes. thank you dr. Diana for writing this book based on your years of practice. My neighbor, a pharmacist brought it to my attention after she lost wt and has greatly reduced her horrible hip pain by following his advice. Worth reading even if you aren't willing to follow every step of his advice. His coverage of supplements is thorough and fair minded. I like how he has you start with small steps and supplements and add to pile as the week wear on. I already exercise and stretch and takes some of the supplements he mentions but will carefully consider each of his suggestions. Read it if you or your loved one has pain or are overweight and "stuck" following the glycemic index and lowering carbs..work with exercise (even if we don't want to do it at first) you will feel better. sensible. practical. do able.

As a physician, I found this book to be very practical and very informative. What I liked best about the book is that Dr. Diana is not a zealot. Most of us physicians realize that most patients "cheat" on our recommendations. If you can get a patient to incorporate at least 90% of your suggestions you can have REAL success in altering a person's life. I do not have joint pain. The diet and lifestyle changes that Dr. Diana recommends AND explains, are easy to incorporate into your life. For

example, as opposed to saying no beef and no pasta, Dr. Diana recommends grass fed beef and low carb pasta. I had never realized the importance of the glycemic index in your choice of foods. Even as a physician it is sometimes hard to follow ALL the scientific data that is included in the book. However, I would much rather have a book that is based on scientific data in peer reviewed journals, than recommendations based on questionable science. I am not convinced as to the utility of supplements but I appreciate having one source to explain in detail a lot of the supplements that you hear and read about. The description of certain exercises is useful for those beginning an exercise program. I like his emphasis on exercising intelligently and that it is better to exercise efficiently than extensively. All in all, a great reference book. I see myself taking the book to the grocery store until the life-style choices become part of my daily routine.

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