



# How to Reverse Arthritis Naturally

By Dr John Bergman

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Arthritis reversal is more about human potential. On doing research for this book I studied several body-building groups. I found one in Japan where the minimum age is 75 years. That's right; you have to be 75 years old to join. A lot of people think that as we age we're supposed to break down, and that's not true. If you don't drive a car, the car is going to last a long time; but if you don't drive a body, it's going to break down early. With human beings, the more we use our body, the longer it works.

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## **Editorial Review**

### About the Author

Dr. Bergman was launched into chiropractic by a devastating accident that nearly ended his life. At 30 years old Dr. Bergman was a hard working single dad when he was hit by a speeding car that left him with 2 fractured legs, a fractured skull and chest, bruised liver and heart. Thankfully, Dr. Bergman received the finest medical care that saved his life. However after 4 knee surgeries and multiple medications, Dr. Bergman knew that surgeries and drugs were not the answer to regaining health. Disillusioned by the modern symptom based mechanistic health care system, Dr. Bergman began a quest to find a vitalistic-based healthcare model to regain his health. He became an instructor at Cleveland Chiropractic College in Los Angeles Specializing in Human Anatomy, Physiology, Biomechanics and multiple Chiropractic Techniques. Dr. Bergman developed his own techniques and has an extensive knowledge of human anatomy and human physiology that few can match. Dr. Bergman's unique approach allows for many successes even with the most challenging cases.

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**Marylou Arroyo:**

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