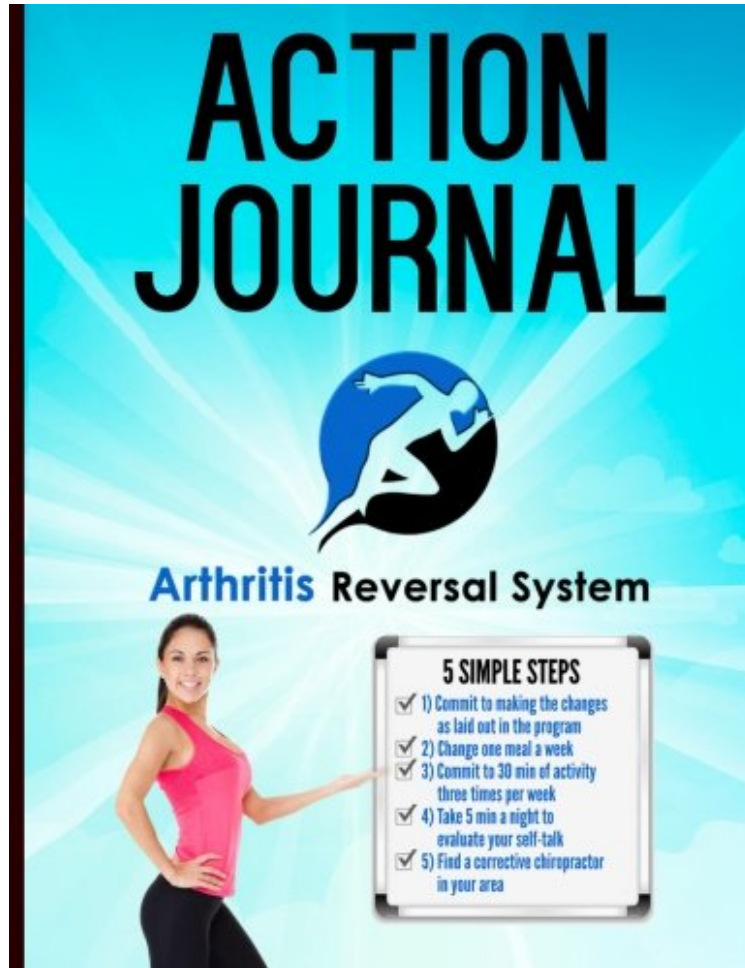


Action Journal

Dr. John Bergman

*ePub | *DOC | audiobook | ebooks | Download PDF*



[Download](#)

[Read Online](#)

#111409 in Books 2014-01-12Format: Large PrintOriginal language:English 11.00 x .16 x 8.50l, #File Name: 149499114468 pages | File size: 40.Mb

Dr. John Bergman : Action Journal before purchasing it in order to gage whether or not it would be worth my time, and all praised Action Journal:

Congratulations and welcome to a journey to achieve optimal health! This Arthritis Reversal System goes far beyond arthritis. To correct arthritis you have to deal with the physical, chemical and emotional stressors that caused the arthritic changes in the first place. To Restore, Renew, and Regenerate, your health requires simple but vital changes in lifestyle. These lifestyle changes will involve Diet, Mind and Movement changes. We are going to change more that your arthritis, we are going to change your life. Sounds like a big promise to change your life but that is exactly what will happen if you use the tools and techniques in this workbook series. These techniques I have successfully utilized in over 16 years of practice with thousands of patients. In the process of helping thousands of people recover from

severe diseases and arthritis I realized that in order to reverse Dis-Ease you have to heal the person from the inside out. Most people in today's world have been programmed into a belief system of disease and decay. The majority of people today are told by their doctor, T.V. and friends to take a drug or medication to relieve symptoms. We are a symptom = drug culture, this type of belief system has led us to the most drugged and sickest society the world has ever seen. With more Arthritis, Cancers, Mental Disorders, Digestive Disorders, the Pharmaceutical industry is doing a booming business. To Change this sick care system requires a rebellion, this rebellion begins by changing yourself. Let's change the world! Dr. Bergman

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.