

Doctors in Sweden say there IS a Cure for Arthritis

There IS a cure for arthritis...according to a number of Swedish physicians who have developed for this dread disease an unorthodox treatment which they have found to be notably successful.

This welcome news comes to the ever-growing number of sufferers from several health clinics in the mountains of Sweden, where a group of doctors are achieving impressive results with a method of treatment based on biological medicine. It is a method almost unknown in the United States.

Among these medical pioneers are men like Dr. Jern Hamberg, Dr. Lars-Erik Essén, and Dr. Karl-Otto Aly, physicians of high repute in Swedish medical circles. Their method of therapy requires none of the usual drugs and injections; instead, their experience indicates that it enables the body actually to cure itself of arthritis.

Now comes the book which, for the first time, reports to the American public on the cures of arthritis being achieved in Sweden. We would like to send it to you at our risk.

Paavo Airola is a Canadian naturopathic doctor educated in Europe. Although not himself an authority on arthritis, he has long taken an interest in this disease which afflicts some 17 million Americans. Airola recently spent several months in Sweden, visiting the health clinics where biological medicine is practiced. He conferred with their staff physicians, studied patient records, and interviewed former patients themselves. His book is a journalist's report on what he saw and heard.

Here are just two of the clinical cases which Airola investigated while in Sweden:

...Ålfrid Vistrand, a Swedish farmer so crippled by arthritis he could hardly move his arms and legs. Twelve years of treatment with prosthetic devices, drugs, and X-Rays had availed nothing. Yet, after only one month at the Brandab's Clinic, his pain vanished, his limbs regained mobility and he went home to work his farm—completely cured.

...Mrs. Kajsa Andersson, mother of five, who came to a clinic after five years of futile treatment by her own doctor. She arrived in frightful pain, so helpless she had to be carried to her room. Less than one month later she was discharged, showing no trace of the disease! Five years later, she still enjoyed the best of health.

Airola's book describes many such cases. "Our general experience," says Dr. Karl-Otto Aly, one of the physicians, "is that bio-

"I have seen with my own eyes how patients with arthritis, crippled for years, have left their crutches and beds...and walked."

—says Paavo O. Airola, reporting on his visits to Swedish health clinics where biological medicine is making new advances in the treatment of arthritis. "Many patients with tears in their eyes told me of their wonderful experiences at the clinics. After a few weeks of simple and harmless treatments, the pain—from which they had suffered for years—disappeared, and their joints became mobile and flexible again."

In a book that holds a message of encouraging new hope, Airola describes the cures for arthritis effected by Swedish physicians who abjure the use of drugs in treating this disease. Instead of taking drugs, patients at the clinics in Sweden follow a prescribed regimen of light fasting, a purifying diet, and mild exercise, and in some cases, therapeutic baths and massage—all of which are described in this book.

logical methods of treatment do affect the disease in a favorable direction and in many cases accomplish a complete cure."

How The Swedish Program Of Natural Biological Therapy Works

As Airola reports on it, the biological therapy used in Sweden is surprisingly simple and natural. No drugs are permitted. The idea is to encourage the body to purge itself of the biochemical disturbances which seem to cause arthritis, thereby normalizing the metabolism, and restoring the proper function of organs and glands.

As Dr. Jern Hamberg of the Alfita Clinic told the author, "We don't cure patients—they cure themselves with our help."

The book describes the three basic steps in this program of treatment: controlled fasting, a special diet, and mild exercise. Quoting extensively from the doctors he interviewed, Airola explains:

- the decisive role of proper nutrition in effecting the cure; and the six rules of eating the arthritic must observe
- daily menus for breakfast, lunch, and dinner served in the Swedish clinics; with recipes for preparing these tasty dishes
- the simple forms of exercise prescribed for patients in Sweden
- why the arthritic must throw away his bottles of aspirin, and stop taking drugs like cortisone and ACTH
- what the doctors say about the effects of climate on arthritis; the high-protein diet fad; the role of constipation; and the value of food supplements in the diet.

Airola frankly admits that this method of biological therapy runs counter to the accepted wisdom in most American medical circles, where arthritis is still treated with drugs. But he feels the results achieved in Sweden speak for themselves.

"Arthritis sufferers," says Airola, "are brainwashed with propaganda that there is no cure for arthritis. But my book shows there is indeed a cure." If you would like to investigate the facts supporting that statement, we urge you to send for the book now.

Here Are Chapter-by-Chapter Highlights

- An Appeal to Members of the Medical Profession
- He Left His Crutches and Walked
- Kajsa Andersson's Lasting Cure
- "There is No Cure"
- What is Arthritis?
- Why Conventional Remedies Fail
- The Program of Biological Treatment
- The Vital Role of Nutrition
- Health Paradise in Sweden
- How the Battle is Won: Greta Friberg's Story
- How the Battle is Won: Guldí Dreiber's Story
- Alfita Clinic in Northern Sweden
- Dr. Karl-Otto Aly: Exponent of Biological Medicine
- Eight More Actual Cases
- Can Fasting be Undertaken at Home?
- What Exercises are Best for Arthritis?
- Are Citrus Fruits Harmful?
- Cider Vinegar and Honey
- The Factor of Climate
- The High Protein Diet Myth
- Vitamin and Mineral Supplements
- Which Supplements Should You Take?
- The Role of Constipation in Arthritis
- Can Injuries and Physical Stress Cause Arthritis?
- Biological Clinics in Europe: Names and Addresses
- Recipes and Directions



ABOUT THE AUTHOR

Paavo Airola is a naturopathic doctor, educated in England, and a member of the British Guild of Drugless Practitioners.

A personal friend and student of Are Waerland, the famous Swedish pioneer of natural living, Airola has spent much time in Sweden studying the effects of environment on health. Of late, he has directed his attention to arthritis and the biological, drugless methods of treatment used in Swedish clinics to control this crippling disease.

A Public Statement by Paavo Airola:

"I claim no specific accomplishments in the medical field, nor do I profess to be an authority on arthritis. In this book I do not advance a new cure for arthritis...I merely present, as an informed, objective reporter, biological medicine's breakthrough in the treatment of arthritis. The real authorities behind the biological medical ideas presented in my book are Dr. Jern Hamberg, M.D., Dr. Lars-Erik Essén, M.D. (who wrote the Introduction), Dr. Karl-Otto Aly, M.D., and Dr. R. Watterson, M.D. These respected medical doctors and dozens of other biologically oriented doctors in Europe unanimously agree that the biological medical treatments for arthritis do affect the disease in a favorable direction, and, in many cases, accomplish a complete cure. They stand solidly behind the assertion that there IS a cure for arthritis."

from the Foreword by

A SWEDISH MEDICAL DOCTOR:

"Many patients have been restored to health through the practical application of biological medicine after all the conventional treatments have failed. Biological medicine and naturopathic methods of treatment will come to the fore more and more as the successful alternative to conventional therapy; and for the afflicted who tried in vain conventional therapy, they present the only choice."

—Lars-Erik Essén, M.D.

These True Cases Prove That Arthritis CAN Be Cured

NOTE: In preparing this book, the author personally interviewed many former arthritis victims who had been treated at several biological clinics and institutes in Sweden. Here are some of the authenticated cures reported in his book:

She came to the clinic in a wheelchair...and left it dancing a polka

Mrs. F. G., 72, was totally invalided by arthritis, and diagnosed as an incurable case. Brought to one of the Swedish clinics, she had to be carried inside by attendants. Six weeks later she was released, in good health...dancing a polka on her way out the door!

He couldn't move his arms or legs—now he goes skiing

Karl Engberg, 46, was a lifelong sportsman who was struck down by rheumatoid arthritis. His joints were inflamed and swollen, his arms and legs almost immobile. After eight months of treatment, he was back on the ski slopes, completely cured!

Suffered for six years—cured in three weeks

Guldi Deiber, a young housewife, took drugs for six years to no avail. Her arthritis became steadily worse, and one drug impaired her eyesight. Yet treatment at the Björkagården Clinic got rid of the disease in three weeks...one of the fastest cures on record.

Cured of arthritis in two months—no relapse ten years later

Martin Lindgren, 45, was bedridden with agonizing pain and badly swollen joints. After a series of futile drug treatments, he turned in desperation to the biological therapy given at Björkagården. After two months there he went home cured...and ten years later still enjoyed wonderful health.

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