



Save Your Hips - Heal Hip Pain Naturally and Avoid Dangerous Orthopedic Surgery - Book/DVD Bundle

Christine Ann Kent

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Save Your Hips is a meticulously researched, shocking exposé of the orthopedics industry. If you or someone you care about has chronic hip pain, you need this book before seeing an orthopedic surgeon.

The book comes with a companion DVD of over sixty minutes with a complete program of posture, exercises and stretches that can reduce inflammation and heal chronic hip pain without dangerous surgery.

Managing your relationship with the medical system requires knowledge, not just the information you get from your doctor. With 95 full color illustrations, Save Your Hips gives you a thorough understanding of

- the anatomy of the hip joint,
- the surgeries that are being performed,
- the imaging and other methods used to justify surgery,
- and the lack of scientific validation of these justifications that are so blatant that even the surgeons are starting to question their own ethics.

With this book & DVD you will

- understand the root cause of chronic hip pain,
- learn how dangerous to your long term health and mobility hip surgery really is,
- and learn how to manage your own chronic condition to create real healing for yourself.

Author Christine Kent, RN, is also the author of Saving the Whole Woman, Natural Alternatives to Surgery for Pelvic Organ Prolapse and Urinary Incontinence. Her breakthrough work on this most common of women's health conditions has kept thousands of women out of the operating room, successfully managing their prolapse and living full, active lives.

She has produced seven DVDs and teaches classes to women on prolapse and chronic hip pain management at the Whole Woman Center in Albuquerque, NM USA. She has also trained and certified Whole Woman Practitioners in the US, UK, Canada and Australia.

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