



Knee Pain Answers: Reason Why Surgery and Medications May Be a Bad Idea

James Bogash

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Knee pain is common and can be very limiting, cutting into your ability to enjoy your life without limitations and play with your family and loved ones. The pain can come from arthritis or some type of an injury like a meniscus tear or ligament injury.

You've tried rehab / physical therapy but the benefits seemed to be temporary or didn't provide enough relief. You believe that knee surgery or a knee replacement is the only answer and the surgeon you consulted with confirmed your fear.

I can tell you, from personal experience as well as from the volumes of research that I have read, that this is rarely the case. Most physicians do not truly understand how to treat knee pain.

Many of the topics that I will bring up in this eBook may be new to you and may never have been brought up by your personal physician or orthopedic doctor. Unfortunately, there is a veritable chasm between the medical research and what doctors seem to share with their patients. The "standard" recommendations are usually decades behind the research I will be sharing with you. This is why every single comment is backed up by supporting medical research.

I'm also introducing tools, called "Dr. Bogash's Recommendations," which will give you things you can do right away to improve your body and muscle.

In this book, you are going to learn:

1. The dangers of traditional medical treatment.
2. The benefits of specialized soft tissue treatment.
3. Other ways to help your knee pain.

Happy reading!

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