

What Has Dr. Shook Been Reading?

*No More Knee Pain, A Woman's Guide To Natural Prevention and Relief.*

By Dr. George J. Kessler With Colleen Kaplan

Berkley publishing (2004)

*No More Knee Pain* starts out with a review of the bones, ligaments, cartilage, tendons and muscles that make up the knee joint and goes on to discuss various forms of stress, injury and arthritis that can affect one or both knees. The diagnostic tools, surgical procedures, drugs and other therapies offered by mainstream medicine are discussed at length. I was pleased that when drugs were discussed, the reader was advised to be wary of overblown advertising claims, to weigh the risks of side effects carefully and to be mindful of the high cost of prescription drugs that may or may not be helpful.

Kessler gives a good explanation of how knee pain can result from trauma, overuse, tendonitis, bursitis, dislocation, disease, poor posture and/or funky alignment of the bones. The intimate connection of the mind and body is acknowledged and discussed, as are the effects of stress, changing hormones and poor nutrition.

Proper nutrition, movement, exercise, balance, posture, spinal and pelvic alignment, achieving and maintaining a healthy weight, supplements, herbs, stress reduction and spiritual contentment are all a part of Dr. Kessler's guide to natural prevention and relief of knee pain.

*No More Knee Pain, A Woman's Guide To Natural Prevention and Relief*, explains how the bone structure, changing hormones and physical strengths unique to woman can result in knee pain. It goes on to explain how the medical community has a nasty reputation for disregarding a woman's complaints if those complaints cannot be linked to a specific injury or identified with a diagnostic tool. However the vast majority of information would apply to and be useful for anyone with knee problems. I think the title, which implies that this is a woman's guide, does men a disservice.

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