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## Save Your Hips! - Heal Hip Pain Naturally and Avoid Dangerous Orthopedic Surgery

**Due to be released October 1st 2013.**

Dear Friend,

Artificial hips. It seems like everyone is getting them.

Ask someone who has one and they'll probably tell you how great it's been to have the pain stop.

But that's not the whole story. It never is with surgery.

That's why I researched and wrote *Save Your Hips!*, my explosive new expose of the hip surgery industry.

### Why This Book is Important to You

If you have chronic hip or groin pain, or know someone who does, you know the condition is miserable. And it seems as though it only gets worse.

If you have been to a doctor about the condition, you have probably been told to take ibuprofen for a few weeks to see if that helps. It doesn't. In fact, taking ibuprofen, a so called COX 2 inhibitor, virtually guarantees institutionalizing your hip inflammation.

Next is a few weeks of physical therapy, which is also unlikely to help either.

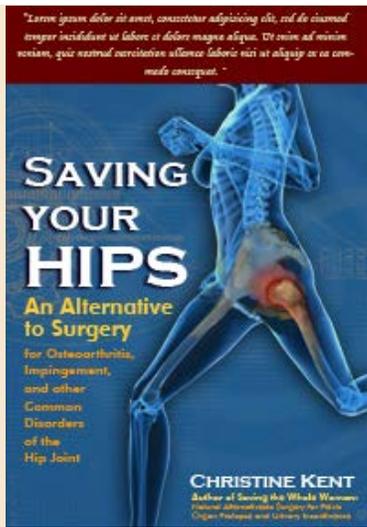
Then it is the serious talk about surgery.

Your doctor may be suggesting a total hip replacement or osteoplasty for "femoroacetabular impingement" or similar procedure. Or he (or she) may

### About *Save Your Hips!*

For more than 15 months I have been working on my new book which is scheduled for release at the end of September.

The book cover below is a mockup we did a year or so ago. The new cover is currently still in development.



The name has also been changed to *Save Your Hips!* which seems more proactive and direct.

Here is the Table of Contents.

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*Save Your Hips!* features 95 full color illustrations by Nikelle Gessner, my talented daughter who has been doing my illustrations since the first edition of *Saving the Whole Woman* ten years ago.

The Whole Woman Revolution in women's health continues with the publication of *Save Your Hips!*

not have explained the process or procedure, assuming your total trust in his/her judgment.

If you have a hip condition, you have a serious problem. Your doctor will probably tell you that surgery is “routine” and “state of the art”, and will “fix” your problem.

What your doctor will not tell you is the full spectrum of risks you take in hip surgery.

Imagine, winding up after surgery with many of the same symptoms you experienced before surgery, only now they are *caused by* the surgery. This is a common outcome of hip surgery according to studies.

Before you seriously consider hip surgery, wouldn't it be wise to seek an independent, third party's opinion, someone who has studied the hip surgery industry in-depth? Wouldn't it make sense to see if there is a legitimate, non-surgical approach to hip osteoarthritis? There are alternatives that pose far less risk and without the physical trauma of surgery.

### Who I Am

First, let me introduce myself. I'm Christine Kent, RN.

If you aren't yet familiar with my work, I'm the author of the breakthrough book, *Saving the Whole Woman, Natural alternatives to surgery for pelvic organ prolapse and urinary incontinence*. In that book, I



exposed the fraud of gynecologic surgery for pelvic organ prolapse, the shoddy research and the cavalier way gynecologists eviscerate women with no medical justification whatsoever.

I showed conclusively that western medicine has misunderstood female anatomy for more than five hundred years and that a huge scientific blunder is now so institutionalized in western medicine, that no one inside the system dares address the error.

I made a breakthrough in my research, that pelvic organ prolapse is actually a postural problem, not really a gynecologic problem at all. Thousands of women around the world have adopted my methods, canceled surgeries and are living full, physically and sexually active lives and are successfully managing their prolapse for a lifetime without dangerous surgery.

### A Clue to the World of Hip Surgery

Chances are good you know someone with a hip condition who may be considering surgery. You will do them a huge favor by ordering a copy for them, or at least sending them to the Whole Woman site.

[Click here to Order](#)

We appreciate your support, and, as always, please let us know if there is anything we can do to help.

[Contact Whole Woman](#)

A couple of years ago, however, I noticed an curious trend on the Whole Woman forum where our thousands of members interact. A number of women were reporting that not only were their prolapse symptoms improving, but their hip pain had gone as well.

This caught my eye and I wondered about the relationship between spinal posture, hip alignment, and hip joint health. Off to the medical school library I went (it is practically my second home) to see what the research had to say on the subject.

I learned there is, of course, a huge body of research on the spine. There is also a huge body of research on the hip. But there is literally zero research on the relationship between the spine and the hip.

This is shocking, but sadly, not surprising.

There are hip surgeons and spine surgeons, and they just don't talk to each other.

This, unfortunately, is the legacy of reductionistic western science and medicine. The human body is the most astonishingly subtle and complex organism, the functioning of which we have barely begun to understand, even with the explosion of knowledge we have seen in our lifetime. But medicine treats the body as a collection of unrelated parts.

## The Human System

Like the old song says, "The thigh bone's connected to the hip bone". The musculo-skeletal system is deeply balanced, integrated, and involves an astonishing array of muscles, veins, arteries, nerves, autonomic brain functions, ligaments, fascia and other connective tissues working in harmony to help us undertake the almost miraculous project of simply walking across the room.

When you surgically intervene in any part of this amazing system, not surprisingly other parts begin to fail. And so we see that aside from their natural gait having been damaged or destroyed, hip surgery patients often wind up with failing knees, feet, shoulders, and spinal pain due to misalignment of the hip joints.

And yes, people with osteoarthritis of the hip are often in excruciating pain. However, there are far less drastic ways of dealing with the condition that, over time can relieve the pain permanently.

Historically, common hip disease was not treated surgically. Bed rest, warm baths, leg braces to take the weight off the hip joint for a period of time,

allowing the inflammation to subside were the common, accepted and effective methods employed.

## **The Fight for the Rights to Orthopedics**

But that didn't satisfy the surgeons.

Surgeons want to do surgery. It's what they like to do, it is what they are trained for, and as the old saying goes, "If the only tool you have is a hammer, every job looks like a nail."

The term orthopedics today means surgery. An orthopedist is a surgeon by definition.

But it wasn't always this way. The surgeons won the right to use the term in a battle that raged for the entire 19th century. Today, if you fall and break your hip, surgery is the only option that will be made available to you.

Traditional convalescent care for this type of injury simply does not exist in today's medical system.

And yes, most of us grew up watching *The Bionic Man* and *The Bionic Woman*, or reruns thereof, on TV, and the exploding revolution of science and technology seems capable of almost anything.

Replace a hip? No problem.

Actually many problems.

## **A Few of the Many Problems with Hip Surgery**

Mortality rates for hip replacements is about 1% across the US. That's one in a hundred. If this is your second hip or a replacement for a prosthetic joint that failed, your mortality rate is 2.5%, or two and a half people per hundred. Better than Russian roulette, but not a risk to be undertaken lightly.

That's not counting the ceramic hip joint prostheses that shatter, the stainless joints that poison the wearer with chromium and nickel particles from joint wear that enter the blood stream or inflame the tissue around the joint. Not long ago, a Chinese prosthetic joint manufacturer had to recall tens of thousands of joints due to manufacturing flaws.

This would be an unhappy letter to get in the mail.

"Dear madam. We regret to inform you that the hip joint we just implanted in you at huge cost of money, time, pain and recovery has been recalled by the manufacturer and we need to take it out

and replace it with a shiny new brand X joint that we think (and hope) will last much longer. We apologize for any inconvenience, but we'll expect to see you in the operating room very soon. Sincerely..."

So if you only get two shots at hip joint replacement on each leg and that the manufacturer's problem just cost one, then instead of twenty of thirty years, on which patients count to get them through the rest of their lives, instead the patient has maybe ten or fifteen years with another ten or fifteen in a wheelchair.

If it weren't so tragic, it would be a joke.

But hip replacement is just the beginning.

### Surgeons Run Amok

Orthopedic surgeons have developed new complex operations, all based on a set of assumptions that have never been scientifically validated.

Let me repeat that, because it is the most important message I have to deliver to you.

Orthopedic surgeons have developed new complex operations, all based on a set of assumptions that have never been scientifically validated.

What this means is that the fox is in charge of the hen house. Let me give you an example.

Orthopedists make the following case:

1. People are living longer than ever.
2. As a result, the risk of their hip joints failing well before their death is higher.
3. Therefore any "congenital deformities" of the hip should be surgically corrected to insure the patient has full use of their hip joints for a lifetime. The sooner the surgery is done the better, so 11 to 16 year-olds are fair game.

Who defines what a "congenital deformity" is? The surgeons, of course. And no validation of these assumptions are required. Why? Because the surgeons say so. That is the logic behind hundreds of thousands of surgeries being performed every year.

Oh, and by the way, the research suggests that 26% of these complex

surgeries will result in total hip replacements due to a wide variety of potential complications. That means, if the average life expectancy of a hip joint prosthesis is 15 years (an optimistic assumption) and the prosthesis can only be replaced once, after which there isn't enough of the pelvis left to work with, then by her forties or fifties, our youngster will be confined to a wheelchair for the rest of her life.

And yes, most of these surgeries are done on women.

Young athletes are also fair game. Women in their twenties and thirties.

I could go on with many other examples and I have done so in my book, *Save Your Hips!*

### **What You Need to Know About Your Hips**

The hip joint surgery industry, and it is a huge industry, is a colossal deception. The anatomical assumptions are unproven, the methods are arbitrary and even in their own research, they raise fundamental questions about their methods.

That's where I learned all this.

I have a four year degree in nursing. I also have a four year degree in anthropology. I know how to read research. And once I got a whiff of what was going on in orthopedics, I have been on a relentless hunt for the truth of this multi-billion dollar industry for more than fifteen months.

It's an astonishing story. And it's all from their own research.

I consumed probably a thousand research studies and academic journal articles to put this puzzle together. You'll see a bibliography in my book with more than four hundred citations.

It is a story every woman needs to hear. What I learned in my study of gynecology was that the western medical system tragically is a very dangerous place for women. My work in orthopedics doubles down on that claim.

But forewarned is forearmed.

The medical system does many things astonishingly well. I have always said this. But for some conditions, like pelvic organ prolapse and osteoarthritis of the hip, the system is not only virtually useless, it is profoundly misdirected and dangerous.

## The Root Cause of Hip Pain

While there are a number of serious pathologies to which the hip joint may be susceptible, the primary cause of osteoarthritis of the hip is postural. What I proved in my work with thousands of women around the world with pelvic organ prolapse, applies equally to the hip.

Why have so many ballet dancers blown out their hips by their forties? Because since they were small children they have been taught to tuck their bottoms, flatten their bellies and pull their shoulders back. This is completely unnatural posture for women.

Look at any three to eight year old girl.

The most prominent feature of her shape is the sweeping curvature of her lower back or lumbar spine. This is the natural female shape. Sustaining that curvature allows the natural orientation of the pelvis to remain like a ring on its edge with the opening at the back. No, the pelvis is not like a basin with the opening at the bottom as it is conventionally illustrated and which the medical system has adopted for over five hundred years.



This isn't obscure and mysterious. Any woman can verify this for herself in about a minute.

When the bottom is tucked, however, not only is she set up for her pelvic organs (bladder, uterus and rectum) prolapsing into her vaginal space, but her hips joints are misaligned, which, over time, will result in inflammation. Once the inflammation process starts in the hip, it is difficult to stop and permanent damage can be done.

## Get Educated and Informed

If you have hip pain, know or love someone who does, or want to protect

your hip health for your lifetime, get educated.

The medical system is very slick and powerful. They have carefully cultivated their perceived God-like knowledge and “wisdom” for generations. They have captured the blind trust of millions. But that trust has been and is being abused.

The Latin expression *caveat emptor* means, “let the buyer beware.”

Nowhere does this dictum apply more aptly than in dealing with the medical system.

Making decisions about your health that will impact both your quantity and quality of life, including

- Your ability to enjoy the adulthood of your children
- Remain active enough to keep up with and enjoy your grandchildren
- To live the promise of the “golden years” requires that you be able to make fully informed choices about your treatment. Informed choice means access to all the information available.

If you are a young person, anxious to get back to your favorite sport and chafe under your current physical limitation of movement or chronic pain, and believe in the unlimited capabilities of surgical technology, you need a reality check.

I have read hundreds of posts in hip surgery related groups on Facebook. These are mostly young people either looking for surgical answers or post-surgery patients reporting on their progress. Many of these posts are heart breaking in both their naive optimism and their expressions as the reality of what these surgeons have done to them sinks in. My book is for you too.

## **My Experience with Osteoarthritis Clients**



I have spent the better part of the last year working with women with hip joint issues, in many cases, acute osteoarthritis.

Do I have a "cure"? No.

Understand that there is no "fix" for chronic conditions like osteoarthritis and pelvic organ prolapse, in spite of what the surgeons would have you believe. The data just do not bear out the story the medical system wants you to blindly accept.

What we can do is learn the skills and presence of mind to successfully manage these conditions in such a way that we can live full, physically active lives by minimizing how much these conditions impose themselves on our daily activities.

It is difficult letting go of the notion that our doctors can fix us. But we're adults. We can accept this. A healthy life means knowing when to take responsibility for your own health and when to turn to the medical system.

But what I do have is a program that can relieve the inflammation and musculo-skeletal distortion that osteoarthritis produces. I have a program for successfully managing hip osteoarthritis for a lifetime.

I also have a great deal of knowledge to impart about the care



and feeding of your hip joints so they last a lifetime. And, I have a great deal of knowledge of the fraudulent misrepresentation, arbitrary methods and anatomic misunderstanding rampant in the orthopedic industry that is being sold as solutions to a variety of hip related problems.

What you will find in *Save Your Hips!* is the distillation of a great deal of knowledge into a compact and useful form that you and the people you care about can use to successfully manage their hip conditions.

Remember, forewarned is forearmed.

### **Informed Consent**

Making sound decisions about your health requires that you do research. The internet provides a wealth of information, not all of it useful.

Unfortunately, you will not get all the information from your doctor. There are two important reasons for this:

1. Your doctor doesn't have all the information. Doctors only know what they are taught and what they have learned through experience. Their experience is narrowly circumscribed by "standards of care" or the conventional treatments established for conventional conditions.
2. Even if they did have all the information, your doctor has a conflict of interest with you as the patient. The doctor wants to do surgery. This is how he makes his living. In some cases, the doctor will be honest

enough to steer you away from surgery if he deems it inappropriate for whatever reason. But the temptation is just too great and doctors are only human with their own financial issues and aspirations. So you will not get the whole story from your doctor.

### **Who Do You Believe?**

No question there is a great deal of quackery available to the consumer of information. There are two standards you, as a consumer should apply when shopping for information:

1. Does the information make sense to me and is this a reasonable experiment for me to run to see if it is helpful?
2. Will the company stand behind the product if it doesn't work for me?

I hope what I have described thus far has piqued your interest as something to explore. And yes, Whole Woman unconditionally guarantees our products. We've been helping women for more than ten years. Our guarantee means you have very little to lose and potentially a great deal to gain, specifically the rest of your life without dangerous surgery. It is a very reasonable experiment to run.

But remember, surgery is never an experiment. It is a lifetime commitment to dealing with the unknowable consequences of the surgery.

If a surgery fails, does the doctor give the money back?

No. He may feel badly but will cash your (or your insurance company's) check anyway.

### **What You Get in *Save Your Hips!***

My book, *Save Your Hips!* comes with a DVD that expands on the life-saving knowledge in the book as well as a program of posture, stretching, and movement to help restore your hip health. The Whole Woman Hips Program can help you successfully manage your hip condition for a lifetime. This DVD will be your exercise companion just as the book will be your reference library.

The book in a large format, almost 8 1/2 inches by 11 inches so it is easy to read, and about 140 pages long. There are dozens of full color anatomical illustrations so you can really grasp why these surgeries are so misguided and what you can do to maximize the probability of enjoying hip health for your lifetime.

The book and DVD bundle (they will not be sold separately) will be available on or around the end of September.

“Why should I buy now?” you may wonder.

1. The first reason is that the size of our initial print run will be determined by the pre-release demand. If you order now, you’ll be in the initial print run and get your copy a couple of weeks sooner than the people who wait.
2. The second reason is we have a special bonus for you as a pre-release buyer. That bonus is a video interview of me by long time Whole Woman friend, supporter, forum moderator and Certified Whole Woman® Practitioner Louise Draper-Sevenson from the west coast of Australia.

I’ve asked Louise to conduct the interview because she is deeply familiar with the Whole Woman work, and she is obsessively meticulous in researching new information.

When she bought my first book, *Saving the Whole Woman*, ten years ago, she went to the library and looked up all 375 odd citations in the bibliography to verify that I had actually done my homework. The link to the interview will be sent to you on receipt of your order. The interview video will be available by September 14th.

3. The third reason is that we would very much appreciate it. Whole Woman is a small family business, a labor of love and cash flow is always an issue. Launching a new product is an expensive proposition. Pre-release sales help us defray some of those early expenses, just as those who donated to the Hips Project helped defray some of the costs incurred during research, writing and illustration.
4. Finally, you’ll be able to help your friends and family with the depth and accuracy of your knowledge. And you may get to experience the joy of knowing you have helped keep someone out of the operating room and avoided surgery that may have compromised their quality of life for all their days.

If you would like to order some as gifts, you will enjoy important savings. Buy two or three copies and get 10% off. Buy four or five copies and get 20% off. Buy six or more and get 40% off.

The information in *Save Your Hips!* cannot be found in any other publication. It is vital information for your own health and quality of life as well as those you love. Order today. You'll be glad you did.

Thanks.

Christine Kent

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Whole Woman Inc.

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