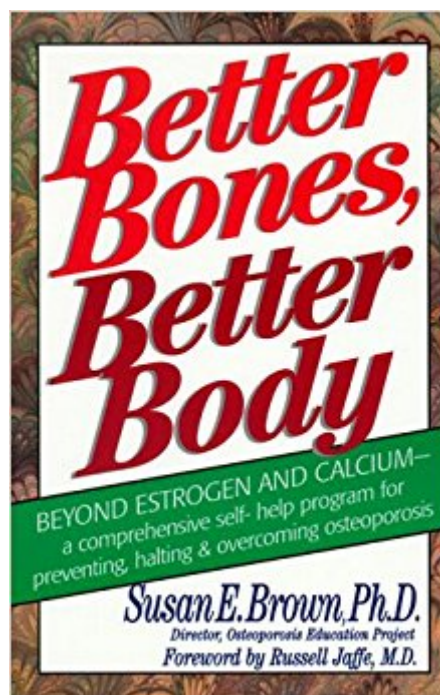




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# Better Bones, Better Body: A Comprehensive Self-Help Program For Preventing, Halting And Overcoming Osteoporosis



## Synopsis

The thinning fragile bones of osteoporosis are a nightmare for women in their later years, threatening disablement, increased risk of fractures and hip replacement, or even early death. The suggested treatments of calcium and oestrogen are uncertain and controversial. This work seeks to dispel the myths and present a comprehensive programme for building both stronger bones and general bodily health, with risk assessment questionnaire to determine individual needs.

## Book Information

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## Customer Reviews

I love Dr. Brown and her approach to healthy bones. I had the pleasure of meeting her in our health clinic a few years back and she has influenced me to take better care of myself, especially my bones, as i do have osteopenia. but it is stable and I am improving my bone density every couple years. a great practical approach to bone health and any one can do it without spending a fortune. I purchased this book used for a couple dollars and am so glad its in my library to read and refer to, thank you Dr. Brown.

The book is older so it makes me wonder if I shouldn't have paid more attention to the age of the edition I got. I imagine there are some discoveries about osteoporosis that are more recent, and more relevant than what is discussed in this copy.

...Dr. Brown is your friend and guide to a "quality of life" if you are living with bone/related pain and

discomfort... she provides information your "doctor" has never heard of or has interest in telling you.  
A MUST HAVE!

Good nutritional approach to preventing osteoporosis. Rather technical and you may need some basic science background to understand everything. Approach does not use Fosamax or Boniva.

This book is the most comprehensive and helpful that I have read on the subject of osteoporosis. By following many of the suggestions, especially for diet, my bone density has been slowly but surely improving, and the last scan shows that I'm moving back into the osteopenia area of the chart!!  
Hurrah!

Good bone health requires more than drinking lots of milk or taking calcium supplements. Dr. Susan E. Brown explains it all in her book, *Better Bones, Better Body*, a "comprehensive self-help program for preventing, halting and overcoming osteoporosis." A medical anthropologist and certified nutritionist, Dr. Brown currently directs the Osteoporosis Project and the Nutrition Education and Consulting Service. She says that osteoporosis is a "needless disorder [that] barely exists in much of the world." It is "a disease of Western civilization created by our lifestyles." Because it's a disease we have created, it is one we can eliminate. Dr. Brown says her extensive research enables her to say that "I now know that osteoporosis is preventable and that it can be halted once begun. I also know that it is to some degree reversible." Her book details precisely what causes osteoporosis and how to prevent its development. Although many of us think of bone as being something that is solid and unchanging, it is actually living tissue. Old bone tissue is constantly being dissolved and replaced with new bone. Dr. Brown says that "every atom in our skeleton is replaced within a three-month period." While calcium is certainly a key player in building new bones, it doesn't work alone. At least 17 other nutrients are needed. The standard American diet either doesn't provide those nutrients, or provides them in inadequate quantities. Not only are most Americans slighted on the essential nutrients, they consume too much animal protein. Calcium is actually withdrawn from bone tissue in order to metabolize protein, which contributes to the development of osteoporosis. Dr. Brown explains how to evaluate your personal risk of developing osteoporosis. She offers hope when she says "it is never too late to begin building healthy bone. Even the aged confined to wheelchairs have been able to build bone mass with simple exercises and modest nutritional supplementation." Dr. Brown then provides comprehensive instructions for individualizing a program to suit your needs. The basics of osteoporosis prevention and reversal are sound nutritional

practices and regular strength-building exercise. Dr. Brown offers guidelines and examples for making those basics a part of your lifestyle. Not only is *Better Bones, Better Health* a must-read for every Western woman, it's also essential for men and adolescents. Buy a copy for yourself, and extras for your loved ones--help banish this unnecessary disease from your life and theirs.

this book is showing the reader the real non-nonsense about osteoporosis, and explain a very wide range of the bone nutrition and metabolism that helping to the bones to recharge themselves naturally.this book is also shows how other nations and some rare populations feed themselves, and howcome these populations dont have problems with their bones after menopause. since that author is a nutritionist and also an anthropologist, sow she is having the ability, together with her expirience(that is combined with other world's authorities in osteoporosis)to share with you(the readers)the real scientific approach to a better bones better body. are you interested in how the author do it?,and what other tips she gives in that remarkable book,buy it!.

A great book on understanding, preventing and overcoming osteoporosis. The information presented here is not just relevant to osteoporosis, but to general good health. One of the best health books that I have read.

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Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101)  
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Naturally Bones, Bones, Dinosaur Bones  
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