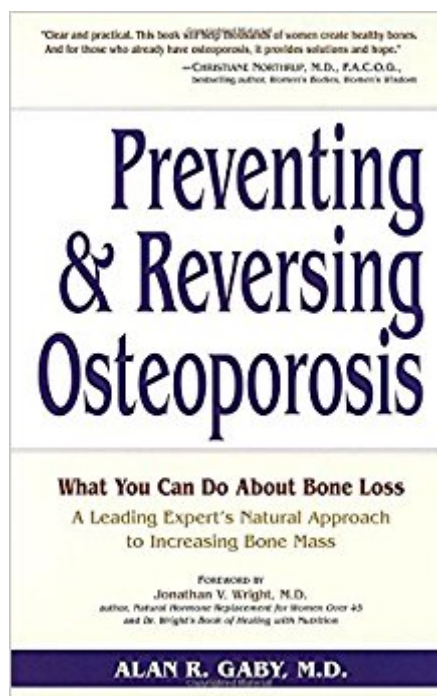


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# Preventing And Reversing Osteoporosis: What You Can Do About Bone Loss - A Leading Expert's Natural Approach To Increasing Bone Mass



## Synopsis

You Can Fight—and Even Reverse—Bone Loss

How strong are your bones? At 35, a woman's battle against bone loss begins. And, it intensifies with menopause and beyond. Conventional medicine has offered such controversial therapies as estrogen replacement, a treatment that is potentially dangerous and only partially effective. Now, Dr. Gaby, one of the foremost authorities on nutritional and natural medicine, offers practical advice on osteoporosis that substantially increases a woman's chances for maintaining and even regaining normal bone mass. Inside you'll learn:

- How diet can help or hurt your bones
- How food allergies contribute to osteoporosis
- Which types of exercise are beneficial
- Why vitamin K is as important for bones as calcium
- And much more!

"A breakthrough approach to the successful treatment and/or prevention of osteoporosis."

—Health News & Review

"Clear and practical. This book will help thousands of women create healthy bones. And for those who already have osteoporosis, it provides solutions and hope."

—Christiane Northrup, M.D., F.A.C.O.G., bestselling author, *Women's Bodies, Women's Wisdom*

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## Customer Reviews

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-How diet can help or hurt your bones -How food allergies contribute to osteoporosis -Which types of exercise are beneficial -Why vitamin K is as important for bones as calcium -And much more! "A breakthrough approach to the successful treatment and/or prevention of osteoporosis."--"Health News & Review"Clear and practical. This book will help thousands of women create healthy bones. And for those who already have osteoporosis, it provides solutions and hope." --Christiane Northrup, M.D., F.A.C.O.G., bestselling author, "Women's Bodies, Women's Wisdom

Very informative. Lots of suggestions for improving bone density. Ive given the book as a gift.

I really enjoyed this book. Mr. Gaby writes in an easy to understand manner and manages to make some dry subjects interesting. Each chapter is complete with information, studies, possible cures, specific nutrients or things to do to help yourself. When he discusses nutrition, he tells where you can find the nutrient in food sources which I found really helpful. He doesn't have a loyalty to products and speaks frankly about why some medical advice is simply bad. He explains how what happens in one part of the body effects the others so it is not just a bone book. I purchased it for osteoporosis information, but learned about a lot more than just bone health. This book is helpful for a variety of issues and I strong recommend it.

I thought I was pretty informed on osteoporosis, having taken classes on it in the past, but this book is full of information that I had not previously come across, I am learning so much!

The book is interesting reading.

To someone who's read up already on this topic, this was not as informative as I thought. I wish I'd not bought it. If you knew nothing about osteoporosis, it might be wonderful.

Maybe I don't get it, but I didn't really find this book very helpful at all. There was some information I was unfamiliar with and I did find useful, but for the most part, specific facts and figures were all I didn't know off hand. The information I really wanted was what I should do specifically to reverse

and fight bone loss. Because of this lack of information I am disappointed and cannot recommend this book.

Good book.Lots of good info.

The book was very good in most areas, but was weak in the exercise section. There were few suggestions on exercises with light weights, dumbbells.

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