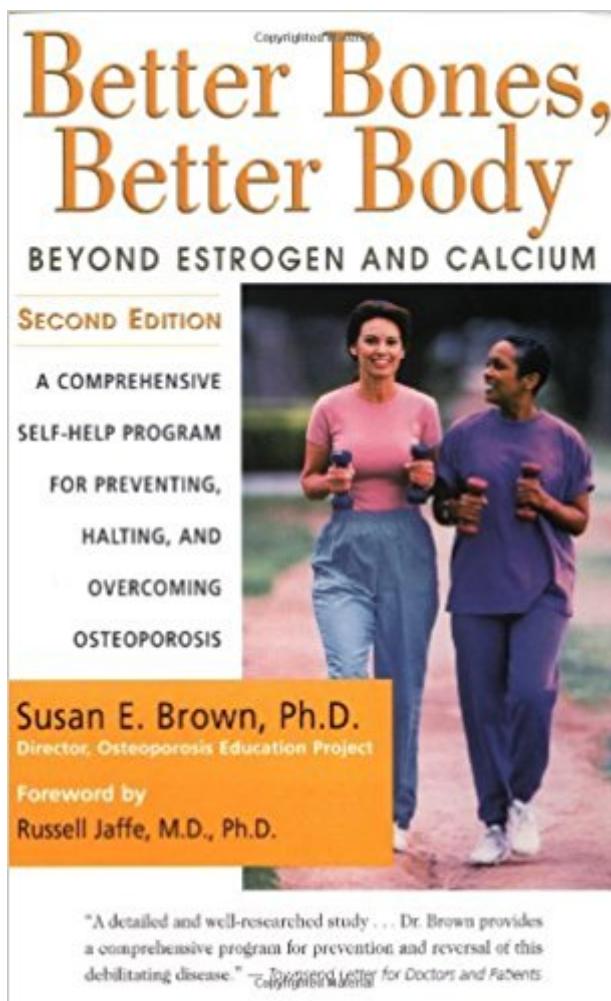


The book was found

Better Bones, Better Body : Beyond Estrogen And Calcium



Synopsis

Challenging traditional assumptions that estrogen and calcium deficiencies are the only causes of osteoporosis, this book explores the disorder from a wider perspective that includes lifestyle and exercise. This newly revised second edition features a personal osteoporosis risk assessment questionnaire and a step-by-step program for strengthening bones and improving overall health and well-being.

Book Information

Paperback: 400 pages

Publisher: McGraw-Hill Education; 2 edition (April 1, 2000)

Language: English

ISBN-10: 0658002899

ISBN-13: 978-0658002892

Product Dimensions: 5.5 x 0.9 x 8.4 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 50 customer reviews

Best Sellers Rank: #193,105 in Books (See Top 100 in Books) #19 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #84 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #524 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

Susan E. Brown, Ph.D., a medical anthropologist and certified nutritionist, directs the Osteoporosis Education Project/Nutrition Education Consulting Services.

I need all the encouragement I can get when it comes to exercising and staying active. It is so easy to slow down especially when you're over 65. This book is a good reminder to stay active, as there is a wealth of information presented here that will keep you on your toes! I recommend this book to men and women alike who are health conscience but don't seem to have the Energy to be active and motivated. Developing a balanced slightly alkaline state of 7.0 pH is highly recommended. She will help you achieve this. Since I never took Estrogen replacement therapy I was very much in need of another wake up call. I am so glad I bought this book, it should find a place in everyone's home.9/10/14: A recent update: Because of the health benefits of Vitamin K mentioned in this book, I decided to do further research. I highly recommend reading this book next. Vitamin K2 and the

Calcium Paradox: How a Little-Known Vitamin Could Save Your Life

Met my expectations. Found the information helpful. Offers alternatives to drugs that have side effects.

I got this book because as I age I have wondered what will happen to my bone structure. Am I eating the right kinds of thing to assist with this potential problem? Am I exercising right to allay any problems concerning broken bones? I have found it to be a wealth of great information to keep me out of harms way if I follow it's prescriptions. I am 65 now and must look into these issues and hopefully can circumvent any future problems. It is a great resource book for what will be coming hard and fast at us in the future!

Should be required reading for every female from the age of 12 on up. And for every MD of the General Practitioner type. Might help some others as well. I went to this book because my GP wanted me to take Fosamax and after doing some research on that drug and its companion types...no way will I put that poison in my body. Note: I now have a new GP. I am also making some changes as recommended in the book. It will be slower, but healthier. One of the things I like is the way the chapters are organized. Also the fact that Dr. Brown includes references at the end of each chapter. And that she does not appear to be overly judgmental and she recognizes the fact that every body is individual and what works for one does not necessarily work for another. Something the pharmaceutical companies would rather we didn't recognize. My recommendation: Get the book; Read it; Do it.

i have osteoporosis and was on several different medications for 10 years. I am currently on a medication holiday for one year. This book offers information on exercise, nutrition including eating an alkaline diet vs. an acidic diet. It also presents a different way of reviewing results of the dexa scan. While very informative, one has to make their own decision of whether to go on medication. This author seems opposed to medications although the book was written before the many new medications came out.

A very good perspective on more natural approaches to bone strength than drugs.

Glad to have this book available!!! Thank you. Informative about WHAT TO CONSUME for your

bone-maintenance. This book is not rocket-science.

Very informative!!!! Good information for those with concerns about osteoporosis or general bone health.

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