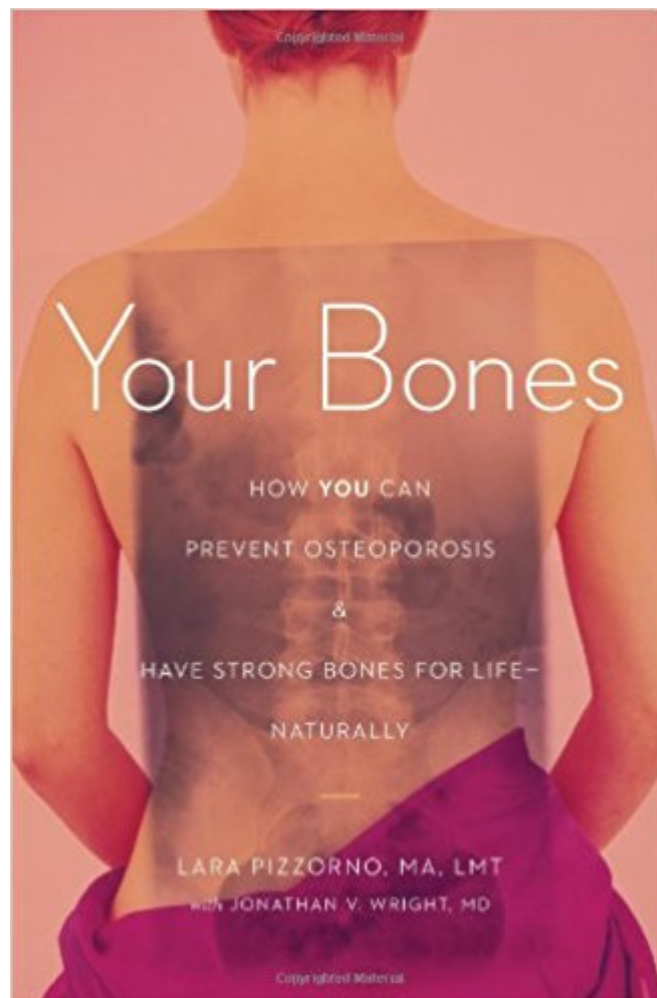




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# **Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones For Life Naturally**



## Synopsis

A decade ago, the author was diagnosed with osteopenia-a loss of bone density. Today, by following the recommendations discussed in this book, she has strong, healthy bones. The medicines prescribed for osteoporosis should be your last choice: not only do they have terrible side effects, they cause retention of old, brittle bone instead of creating new, healthy bone! Your Bones will be an important handbook for anyone wanting to prevent osteoporosis in later life.

## Book Information

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Average Customer Review: 4.6 out of 5 stars 129 customer reviews

Best Sellers Rank: #720,617 in Books (See Top 100 in Books) #57 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis](#) #280 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #1755 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

"The information is presented in a straightforward and easy-to-read style that will be understandable to lay readers. Consumer(s)...looking for [a] book about the natural ways to prevent osteoporosis would do well to choose this title." --Library Journal  
"Your Bones provides valuable, detailed information on the best balance of exercise (short bursts of vigorous walking and weight-bearing workouts), targeted diet (organic, vegetarian, and low-fat), and supplements needed to guard against crippling or fatal bone loss." --ForeWord  
"Lara Pizzorno emphatically raises the red flag on conventional bone medicine.... Highlighting natural prevention and treatment strategies for different situations, Your Bones offers uncomplicated scientific advice for bone health." --Spirit of Change Magazine

DR PIZZORNO IS RIGHT TO CALL THESE POISONS. DEATH, KIDNEY FAILURE, JOINT, MUSCLE PAIN, AND MANY MORE. READ BEFORE YOU TAKE ANY OP DRUG. MY BACK HAS

TAKEN THE BRUNT OF THE OP SO FAR. I CAN BARELY WALK. AND THE MEDICAL PROFESSION IS SHOVING TRYING TO SHOVE THIS POISON ON ME. AFTER THEY CAUSED THE OP WITH 30 YRS SYNTHROID, AND NOT 1 WORD ABOUT PREVENTION! HOLISTIC VITS/MINS COULD HAVE PREVENTED IT! I WILL BE FOLLOWING DR PIZZORNO ADVICE. FDA ALERTED THE MEDICAL COMMUNITY IN 2008 ON THE DANGERS OF ALL OP DRUGS! YET THEY ARE STILL PUSHING IT, NO HELP BUT CALCIUM AND D, BONES ARE MADE OF MORE THAN THOSE 2 THINGS, K2 IS NEEDED TO STOP CALCIUM FROM CALCIFYING IN YOUR VEINS, IF YOU ARE NOT ON A BLOOD THINNER. K2 IS YOUR CLOTTING AGENT. MAGNESIUM CHELATED IS THE NEXT HIGHEST NEED MINERAL FOR YOUR BONES, 2 -1 RATIO OF CALCIUM. OXIDE BOUND MAGNESIUM IS NOT WELL ABSORBED SO READ LABELS! Reclast 1 yr IV[...] Reclast (zoledronic acid) is used to treat Paget's disease, high blood levels of calcium caused by cancer (hypercalcemia of malignancy, multiple myeloma (a type of bone marrow cancer) or cancer that has spread from elsewhere in the body to the bone, to treat or prevent osteoporosis in postmenopausal women, and to increase bone mass in men with osteoporosis. It is also used to treat or prevent osteoporosis in people who will be taking certain steroid medicines for 12 months or longer. It is in a group of medicines called bisphosphonates. Common side effects include nausea, tiredness, flu-like symptoms (e.g., fever, chills, muscle/joint aches), dizziness, headache, or pain/redness/swelling at the injection site. Most of these side effects occur within 3 days of treatment.

Excellent information and good reasons to carefully decide on the proper course of action. Things your doctor won't speak about, but you should know first.

If you are a woman who is concerned about the specter of osteoporosis in your life I would highly recommend you read this book before you make any decisions about a course of treatment. You will learn everything you need to know about your bones, how they break down and how they are replenished. More importantly you will learn the side- effects of current pharmaceutical treatments. The author also lays out a plan to build up your bones naturally. Then you have the knowledge necessary to decide what action to take when the time comes. Knowledge is power, and this book can help allay your fears.

Loaded with information - have osteoporosis? Osteopenia? You need this book. Doesn't have all the answers but a great place to learn about what you have and what you can be doing to improve

your bones.

Great info. Wish I'd had it 10 years ago when I had no clue I would need this info now. I've gotten off prescription drugs and trying the natural route.

Personally dealing with osteopenia I am always searching for relevant and practical information that will keep me off of the drugs commonly prescribed for this disease. Lara Pizzorno's book is not only enjoyable to read, her recommendations are easily put into practice. I have already bought several copies for friends and look forward to getting the results of my next DEXA scan. - Tenji Cowan

I found this book very interesting and informative. I was especially interested in it because I wanted to know more about taking Strontium. The book was well written and I learned some tips from it. I would recommend the book.

Really informative. An excellent book to read about osteoporosis.

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Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life  
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You To Know: Including: How to Fight Diabetes, Have a Healthy Heart, and Get Strong Bones! Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF All About Osteoporosis, A Book That Tells All You Need To Know About Osteoporosis The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs Vitamin K: Understanding The Healing Powers Of A Little Known Vitamin (Vitamin K, Vitamin K2, vitamin k2 and the calcium paradox, vitamin K and the calcium paradox, osteoporosis, osteoporosis cure)

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