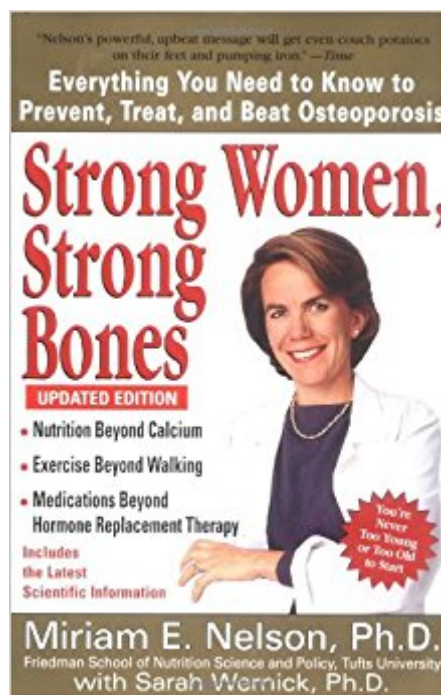




The book was found

Strong Women, Strong Bones: Everything You Need To Know To Prevent, Treat, And Beat Osteoporosis, Updated Edition



Synopsis

Based on the latest scientific information, and including practical advice on the best nutrition, exercise, and medication, *Strong Women, Strong Bones* is an essential guide for any woman who wants to know more about the prevention and treatment of osteoporosis. Includes:

- A one-hour-per-year plan for healthy bones
- A self-test to assess risk factors
- Facts on the most accurate bone-density tests
- Tips on supplements beyond calcium, plus new findings on soy
- The best workouts for strong bones, fully illustrated, with an effective new two-minute exercise
- Facts on the latest medical breakthroughs
- A special chapter for men

Book Information

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Customer Reviews

Every woman needs this book! This is a book your doctor should have given you. Women need the information in this book at all ages in their lives. Like she points out in the book, you are never too old to start getting stronger. I got this book after being diagnosed with osteoporosis. I wish I would have gotten it years ago. I believe I could have avoided the diagnosis of osteoporosis in my life. But, it's not too late. I quit taking all those nasty drugs they give you for osteoporosis and started doing the strengthening exercises recommended in this book. I have started slowly and will work my way up to the more advanced ones she shows in the later chapters. That's one of the good things about this book. Anyone can do it at any stage of mobility and age. The book is wonderfully written in layman's terms. There's no doctor mumbo jumbo in it. There are sections on nutrition and supplements also. I feel some of the supplement information is a little outdated. However, that doesn't take anything

away from the book. It's still a great book. Who doesn't want to stay young and have strong bones? You can do that at any age. Just read this book. Highly recommend.

My mother had 5 hip replacements. When the last one was done, her bones were virtually transparent. When I found out I have osteopenia, a huge alarm went off. I don't want to have my mother's experience as I get older. My doctor told me to do weight strengthening exercise and not to fall. I had no idea what kind of exercises would work. I saw this book when I went in for my bone density scan. I decided to get it when I got the analysis. It's highly readable. Jam packed with great strengthening exercises and a program for working through them. The author dispels myths about exercises that are supposed to be helpful - like walking. And she discusses foods that are helpful, too. I now send this book to friends and clients.

Good book about osteoporosis.

Excellent

Great book for those with osteoporosis who want to do something about it. The sections on stretching and resistance exercises are just what I needed. It is clearly written with good tips for what to watch for while exercising as well as what not to do.

My doctor recommended this book and I found it easy to read and appropriately comprehensive, addressing bone health and defining a full exercise program for improving balance and strengthening bones.

After being diagnosed with severe bone loss a doctor recommended this book to me. Turns out the spinal bone loss was due to bone removed during surgery. I found the book interesting, full of good information for everyone and very easy to understand.

Excellent information. Explains all of the supplements you should take for stronger bones and why. Every woman over 50 should read it.

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