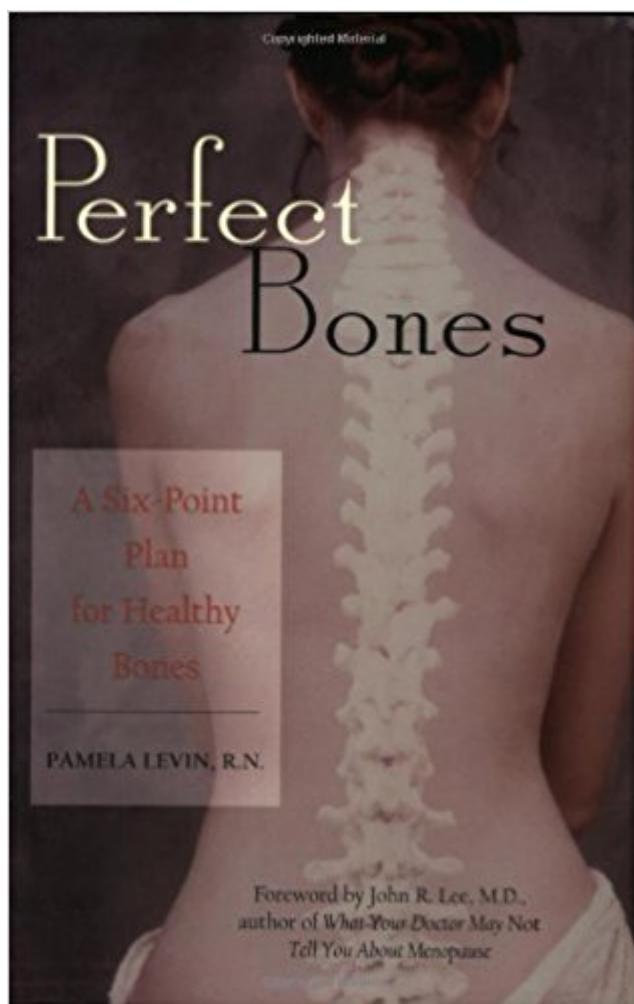


The book was found

Perfect Bones: A Six-Point Plan For Healthy Bones



Synopsis

Perfect Bones A Six-Point Plan to Healthy Bones by Pamela Levin, R.N. Recently declared a pediatric-onset disease by the World Health Organization, osteoporosis currently affects more than 200 million adults and children worldwide. Struggling with paralyzing back and hip problems, registered nurse Pamela Levin began researching methods of healing bone disintegration and discovered that osteoporosis is both treatable and preventable through nutrition. In **PERFECT BONES**, Levin describes a revolutionary six-point plan for renewing the nutritional balance of bones, reveals how widely prescribed synthetic vitamins can actually have harmful effects, and demystifies the groundbreaking alternative remedy of whole-food concentrates. Outlining a program that has helped thousands gain better bone health, **PERFECT BONES** proves that it's never too late to promote strong, healthy bones.

Book Information

Paperback: 304 pages

Publisher: Ten Speed Press (September 1, 2004)

Language: English

ISBN-10: 1587611597

ISBN-13: 978-1587611599

Product Dimensions: 9.1 x 6.1 x 0.9 inches

Shipping Weight: 14.2 ounces

Average Customer Review: 4.7 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,164,059 in Books (See Top 100 in Books) #88 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #437 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #6044 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

"Thank heavens people are finally paying attention to bone health. This is a great guide." --
Ann Richards, former Governor of Texas

Osteoporosis kills more women than heart disease, breast cancer, and stroke combined.
An estimated 33 million men have a form of osteoporosis. Includes a new foreword by John R. Lee, M.D., author of *What Your Doctor May Not Tell You About Menopause*

This book may be older, but I was very impressed with the level of information it has provided me with. I have highlighted and reread and I am sure I will refer back to it in the coming years. It really has been a great resource for me. The author really identifies all that goes into osteoporosis and what we can do about it. If you are at risk you will definitely benefit from this book. It's easy to read and understand, it's empowering.

Great Item, Great Service, Thank You

This is an excellent book.

well done

Pamela Levin has done a remarkable, really Herculean job in this book. Making something as complex as "the causes of osteoporosis and osteopenia" (afflicting Americans at almost a pandemic rate) is a monumental task which she accomplishes quite easily. The prose-style is clear and straightforward, an easy read, yet resulting for the reader in a most comprehensive understanding of the subject...! I was very grateful to her for this book...!Ms. Levin forces us to ask why so many people are being treated for ÄfÄ¢Ã ¬Ã Ä“thinning bonesÃfÄ¢Ã ¬Ã Ä• and why so many people are fracturing more bones more often? The Osteoporosis and Related Bone Diseases National Resource Center reports that ÄfÄ¢Ã ¬Ã Ä“osteoporosis affects nearly half of all people ÄfÄ¢Ã ¬Ã œ women and men ÄfÄ¢Ã ¬Ã œ over the age of 75.ÄfÄ¢Ã ¬Ã Ä• They add that ÄfÄ¢Ã ¬Ã Ä“2 million American men have osteoporosis and another 3 million men are at risk for developing the disease.ÄfÄ¢Ã ¬Ã Ä• This debilitating disease afflicts more women than heart disease, stroke, diabetes, breast cancer, or arthritis. Fully half of all women between the ages of 45 and 75 show signs of osteoporosis. There is a definite increase in fractures in the US population: both in absolute numbers and in percentages of hospital admissions. And it's not only in the elderly (a rapidly growing segment of Southern ColoradoÄfÄ¢Ã ¬Ã œs population), but in all age groups. Projections predict a 20% increase in fracture rates over the next two decades. The answers to the first question--why such an increase in osteoporosis and why so many fractures -- is threefold. Inactivity heads the list, with decreased nutrient intake and increased use of drugs close behind. Pamela Levin sorts through these very complex matters with a confidence and grasp of the facts like no one else I've seen previously. Healthy gravity stress, the result of activity and exercise, is most important for bone strength. People with sedentary jobs, and/or people who don't exercise

run a much higher risk of fracture than those who are active. The physical stress on the bones maintains and even builds their strength. The best example of this problem is an astronaut. While in the weightless (gravity-free) environment of outer space, the astronaut loses bone mass very quickly. Measurements show extremely large amounts of bone loss occurs in astronauts for their relatively short time periods in outer space. One reason it is presently impossible to send humans to the planet Mars is due to the extreme loss of bone (and muscle, which would result in death) before they could return. Fosamax, (a bisphosphonate prescription drug for the medical treatment of bone loss) currently lists the following side-effects in the product information: nausea, esophageal and stomach irritation, abdominal pain, bone and muscle and joint pain, headache, heartburn, an altered sense of taste, and allergic reactions. Ms. Levin cites the study in the New England Journal of Medicine which reported that "Fosamax takers showed an average bone density increase of 3.5% in the spine and 1.9% in the hips, a fact that sounds OK until compared with magnesium studies that show an increase of 8%." This book is very important for everyone who seeks -- within a year's time -- to halt and reverse the threat posed to their lives by osteoporosis and osteopenia. Highly recommended!!!

This book contains a wealth of nutritional advice for halting osteoporosis. However, the author recommends specific supplements and while that can be helpful, it does make the reader wonder whether she is writing a book or a long advertisement. She does mention more than one brand, but Standard Process is a brand mentioned over and over. It is usually available only from health professionals such as nutritionists and chiropractors (although there are some internet sites that carry at least some of their products). I've used that brand and the quality seems good but many of their supplements are not allergy-friendly and this book does not list the ingredients of each product that is recommended. For those of us who must avoid wheat, this is a drawback. I would have liked to see the ingredient lists and even more important, lists of common foods that are highest in the nutrients needed for strong bones. If you are already working with a nutritionally-oriented professional, this book will provide valuable background information. Otherwise, you probably need to know how to find someone who can guide you in finding out what vitamins and minerals you need, because a book cannot give you a diagnosis and you really need to know something more specific than just that you have osteoporosis or osteopenia if you want to get deeply involved in finding optimal supplements. Also, nutritional information is growing all the time so a professional may have additional tips that are not in any book. Treating osteoporosis is more than a self-help project; you probably need medical guidance even though lifestyle changes including good nutrition

are critical to having strong bones.

[Download to continue reading...](#)

Perfect Bones: A Six-Point Plan for Healthy Bones Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan) Bones, Bones, Dinosaur Bones Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) The Six Weeks to Sexy Abs Meal Plan: The Secret to Losing Those Last Six Pounds: A Plant-Based Nutrition Program and Recipes The Ultimate Sexy Six Pack Abs Guide: 30 Days Diet and Workout Plan to Burn Abdominal Fat and Get a Six Pack The Healthy Bones Nutrition Plan and Cookbook: How to Prepare and Combine Whole Foods to Prevent and Treat Osteoporosis Naturally Wedding Dresses - A Picture Guide Book For Wedding Dress and Gown Inspirations: A Picture-Perfect Guide To Selecting The Perfect Wedding Gown Is The Perfect ... For Brides-To-Be (Weddings by Sam Siv 7) Meal Prep: The Beginnerâ„¢s Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Honeymoon Planning: Plan a Romantic Trip of a Lifetime: The Ultimate Honeymoon Planner Guide Book to Help Plan the Perfect Getaway: Dream Destination Ideas, Honeymoon Hotels, and Honeymoon Ideas Honeymoon Planning: Plan a Romantic Trip of a Lifetime: The Ultimate Honeymoon Planner Guide Book to Help Plan the Perfect Getaway: Dream Destination ... Ideas (Wedding by Sam Siv) (Volume 20) Honeymoon Planning: Plan a Romantic Trip of a Lifetime: The Ultimate Honeymoon Planner Guide Book to Help Plan the Perfect Getaway: Dream Destination Ideas, ... Honeymoon Ideas (Weddings by Sam Siv 20) Amsterdam in 3 Days (Travel Guide 2017): A 72h Perfect Plan with What to Do in Amsterdam, Netherlands: Includes:Detailed Plan, Online Maps,All Costs, Local Secrets.Written by Local Experts Savannah,GA in 3 Days Travel Guide 2017: A 72 Hours Perfect Plan with the Best Things to Do in Savannah: A Step-by-Step Plan on How to Enjoy 3 Amazing ... Savannah.Save Time&Money-20 Local Secrets DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Book from the Ground: from point to point (MIT Press) Trigger Point Therapy: Stop Muscle & Joint Pain Naturally with Easy to

Use Trigger Point Therapy(Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage)
(Natural Health Solutions Book 3) West Point History of World War II, Vol. 2 (The West Point History of Warfare Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)