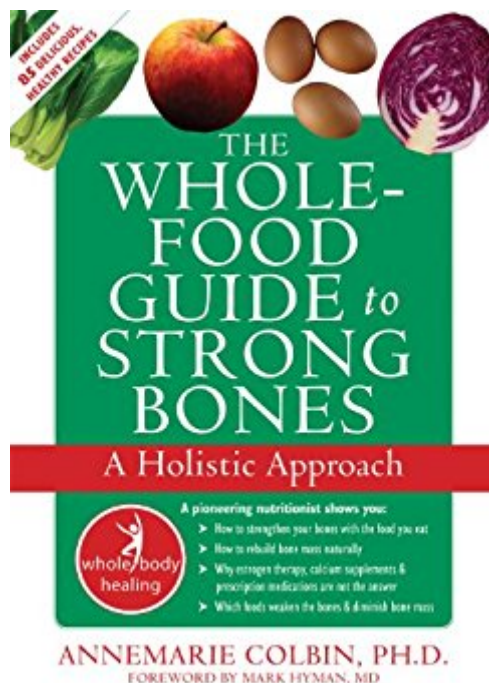




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# The Whole-Food Guide To Strong Bones: A Holistic Approach (The New Harbinger Whole-Body Healing Series)



## Synopsis

It's essential to maintain strong bones to keep an active lifestyle, but aside from taking a daily calcium supplement, is there really anything you can do to improve your bone health? With this complete program for stronger bones created by health educator Annemarie Colbin, you'll learn the best foods to eat to build bone mass and find out which foods actually weaken bones. In *The Whole-Food Guide to Strong Bones*, you'll also discover how exercise and finding personal balance can improve your health and prevent fragility fractures, menopause-related bone loss, and osteoporosis. Learn:

- What puts you at risk for bone fracture
- Why medication and estrogen therapy may not work for you
- How the nutrients in whole foods build bone mass
- 85 easy recipes that maximize the bone-building effects of whole foods

## Book Information

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## Customer Reviews

The book has good intentions, but it is extensive in very simple explanations. It's tiring. The problem is that after reading *The Whole-Body Approach to Osteoporosis*, any other book on the subject does not have much more to say. I think that including cereals in a diet, where we now know that the

pathologies associated with gluten can not be diagnosed so easily, is dangerous. In addition to the glycemic effect and bone-metabolism interaction. Much reading, to rescue little information.

Annemarie Colbin combines science and common sense as she explores and makes perfectly understandable the workings of the human skeleton and why the simplistic rant to eat more calcium just doesn't work. I have osteoporosis and because of this book I have completely changed the way I think about this condition (not disease) and the way I eat to support strong healthy bones. As a health coach this manual has helped me positively change the lives of so many women who are delighted to have options besides taking a pill every week that, frankly, doesn't change their condition and has many negative side effects.

Colbin has been writing about food and health for over thirty years with logic and intelligence. She documents credible resources throughout this book and challenges the prevailing stronghold of the pharmaceutical and commercial food industries over our "well being". She also addresses the roles of exercise and the tenor of emotional energy we embrace upon our whole-being and the health of our living, dynamic skeletal system. I was trained as a clinical nutritionist and she brings up important factors that were previously never academically addressed, such as crucial pH levels and the utilization of bone calcium to compensate for the out of balance diet, which is standard American fare. This book complements the increasingly popular voice of Michael Pollan, championing the importance of a back-to-basics approach to food: Eat your greens, and lots of them. This simple advice may be the key to surviving, by avoiding, our complex and expensive medical system.

Annemarie Colbin gives the science behind all the information regarding testing and drugs available and how they affect the body. She also includes a complete overall view of ways to start today and help to strengthen your bones from diet, working with one's stress levels in life and exercise. I found this to be an exhaustive account and a one-stop shopping book for osteoporosis. I have read countless other books and I highly recommend this book as #1. Buyer beware: This is not a quick fix book, as to change one's bone structure takes both focus and commitment!

great book

Much good and helpful information.

This is a well written and researched guide to strong bones, not just a recipe book, but a lot of factual information that supports the food recommendations. There is also a holistic approach which points to additional directions wherein may lie some areas to explore to free up the body's ability to actually use the nutrients, particularly calcium. Very pleased.

A great guide to knowing how to eat well. There is more information about diet and strong bones in this book than any other book on foods that I had read.

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