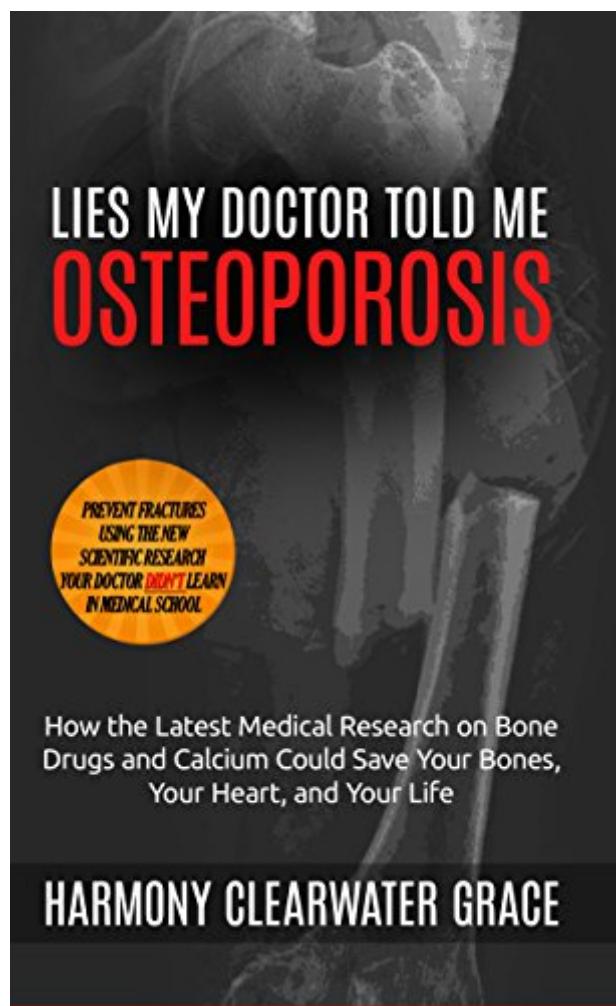


The book was found

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



Synopsis

You just got your bone density test back. Your doctor wants you to take Actonel, Fosamax, Boniva, or Prolia. You don't understand why those calcium chews didn't work for you. You don't know why this is happening. You did what your doctor told you to do. You don't know what you did wrong. There's a better way. This is your answer. In her new book "based on proven facts and over 200 clinical studies" Harmony reveals the special strategies for keeping your bones as strong and healthy as possible. Would a powerful bone-building supplement used by thousands in Japan get your attention? You can start using this radically different unconventional approach TODAY to strengthen your bones. Worried that your bones are getting thin and brittle? Get the bone blueprint for strong flexibility. Bend, don't break! Don't waste time and money spending months searching unreliable sources with contradicting data. Let Harmony sort through the fluff and confusion for you, put all the pieces together to figure out what really works, and hand you exactly what you need to know. She makes it even easier by giving you the names and brands and even links to the exact products needed, so that you don't have to guess or search on your own for them. You'll learn: Why all that calcium you took didn't work. The most common mistake that most women are making when it comes to bone health "that also makes them more wrinkled. Which bone-strengthening strategy unknown to the vast majority of doctors works better in peer-reviewed medical research? Why taking your doctor's advice could disfigure you. The 11 critical nutrients that can make (or break) your bones. Why calcium and medication isn't your best answer and the 3 simple things to do instead. How the medication doctors prescribe can make your bones MORE likely to break over time. The 15 biggest mistakes you are probably making right now that are damaging your bones. How what you are doing to try to keep healthy strong bones could actually be causing other diseases in your body. Why your doctor probably doesn't know about this research. Secrets of the best cutting-edge medical researchers that you need to know to prevent bone loss and fractures. Why taking extra calcium without THIS can give you heart disease. How to reduce your fracture risk by at least 60% with a statistical 95% confidence level, cited in a meta-analysis of randomized controlled trial (RCT) clinical studies.

Book Information

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Customer Reviews

Harmony presents a great case! The actual links to the research sources (in the Kindle version) are grouped with the relevant subject. The book is an excellent "quick read" but only if you do not follow the extensive links. It is really fascinating that she could find as much as she did on the NIH pub med site. While this book is specifically about osteoporosis the recommendations would also be good for just general health. I did find it interesting to learn that skin health is so closely related to bone health though. If you want to learn a lot about protecting your bones this book is for you. It is an easy quick read but is packed with valuable information. She does an excellent job of presenting both the problems and the solutions including quite a bit of information for those that might be taking medications that interfere with bone health.

I pride myself in doing research on natural supplements that can help me with different ailments, instead of taking prescription drugs. I have, however, never seen a body of research as complete as this, as it relates to osteoporosis. It has opened my eyes and expanded my mind. Definitely a MUST read, whether you favor traditional or alternative medicine! Don't miss it! It will change your life, or at least the way you look at treatment/prevention alternatives!

This book is very well written, the info is in clear, simple, words, that anyone can understand, with very detailed writing & helpful resources. Every possible area of healthy support for your body is covered...all that helps to heal & strengthen the bones naturally....all the right nutrients, foods, exercises, habits, lifestyle, mindset. Just what our bodies would love to receive to feel healthier, happier, stronger, better :-)

My doctor tried to put me on a drug. Then I read that those drugs actually make bones more brittle. No drug for me. I have experienced a few falls in the past year and although bruised, nothing broke. I pretty much came to the same conclusions as the author a few years ago.

The information presented here was eye-opening and chilling. It is critical and crucial to anyone who has osteoporosis in their family to keep informed of the treatments available. This book shed the light on a vast amount of missing information that the general public does not receive from healthcare professionals. It proves yet again that each individual must do their research before accepting a quick prescription and walking away believing that everything will be okay. The more information you have, the more empowered you become. This book helps with that and I recommend it.

This book is full of information on osteoporosis articles, etc. if that is what you're looking for. I found it to be of little help for me personally I was looking for information that would help me with my osteoporosis and even though this book is chucked full of info, I felt I got little out of it that would was helpful. A quick read unless you want to read all the studies referenced in links. I thought the book seemed to be a bit repetitious and I found myself skipping parts as a result.

I didn't have high expectations for this book, but as soon as I started reading, I couldn't stop until the end. It's full of information and well written. The author backed all facts by credible research, clinical studies and provides all the links. I liked she gave too links to for products she recommends, saving me time in researching which ones to buy. She seems unbiased author, so I can trust her recommendations.

Thank you for this much needed information and insight! This book resonates with my own research and knowledge and furthers my understanding of bone health. I highly recommend everyone reads this book! It is time people become aware of the truth.

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