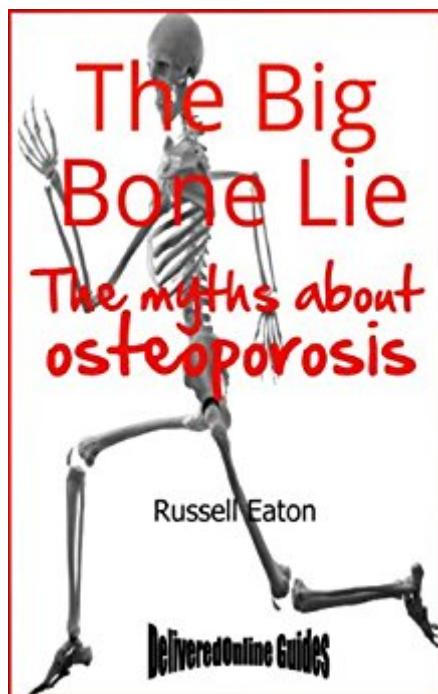


The book was found

The Big Bone Lie: The Myths About Osteoporosis (DeliveredOnline Guides)



Synopsis

What is the dirty little secret about osteoporosis that pharmaceutical companies and doctors don't want you to know about? Has a worldwide osteoporosis epidemic been 'created' unnecessarily? Why is there so much disinformation about osteoporosis? This short book explodes once-and-for-all the myths that plague this disease. You will discover an alarming truth about the real nature of osteoporosis and why you have been conned into false beliefs about the disease. This is the only known book that points the way to truly keeping your bones strong and warding off osteoporosis. I go deeper into this important issue on my blog: www.deliveredonline.blogspot.com

Book Information

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Customer Reviews

While this book will not tell you how to not get osteoporosis it does shed light on some common myths. To really understand how to prevent osteoporosis you'll have to read other books by this author. This book is exactly what it says it is. It also has some interesting but disturbing information about soy products. You may reconsider eating tofu. This book does explain the real cause of

osteoporosis. The only thing I didn't agree with was that exercise is bad for you. At least lifting weights seems to be discouraged. But apart from that this is interesting reading.~The Rebecca Review

The Big Bone Lie has really opened my eyes to the myths and lies not only spread amongst patients and caregivers, but the media that swears by these myths in efforts to help the society it reports to. Before you do another HARMFUL exercise, you thought was helping you; Before you take another supplement that BOMBARDS your body's system; And before you agree to another pricey bone scan, do yourself a favor and save your money and sanity by grabbing this myth busting book that may very well be a lifesaver.

I read this earlier this year and found it very helpful. I still drink milk cause I love the taste so I'm not likely to give that up. On the other hand, the information on soy products affirmed my belief that if a food doesn't taste good, it's not something my body needs. My body tells me what it wants.

THIS REALLY IS JUST A TEASE TO GET YOU TO BUY ANOTHER BOOK. THERE ARE NO SUGGESTIONS AS TO HOW TO STRENGTHEN YOUR BONES, ONLY CRITICISM FOR CURRENT EDUCATION ABOUT HOW TO GET STRONG BONES. I THINK IT IS A WASTE OF \$.99.

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