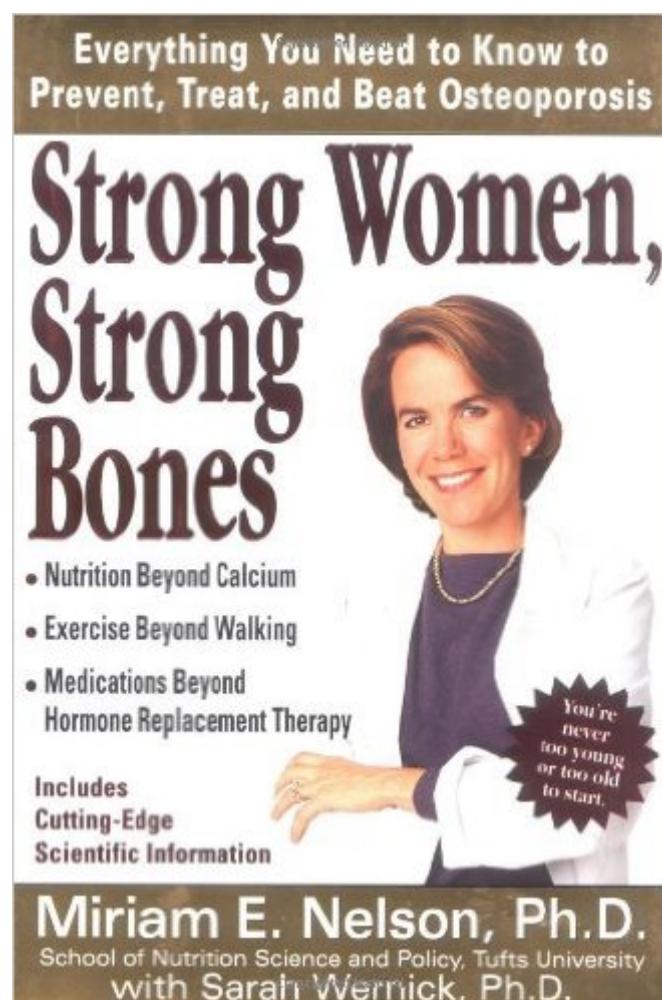


The book was found

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



Synopsis

"Miriam Nelson's work shatters all the crippling myths we have inherited about the inevitability of weakness, deterioration, and osteoporosis as we age." --Christiane Northrup, M.D. author of Women's Bodies, Women's WisdomOsteoporosis develops invisibly. Starting around age thirty-five (or even earlier) women lose up to one percent of their bone mass each year. Often symptoms don't appear for decades. And then a bone breaks. Many women experience problems not obviously associated with fragile bones: chronic back pain, dowager's hump, a protruding tummy. But the cause is osteoporosis and twenty-eight million Americans are affected. Now we know that osteoporosis afflicts women as young as twenty--and it is preventable. In this comprehensive, user-friendly book, Nelson details steps to fortify bones and avoid this debilitating disease. Strong Women, Strong Bones features a self-test to assess risk; the most accurate bone-density tests; nutrition recommendations that go beyond calcium and vitamin D; bone-boosting workouts, with illustrated instructions; medications that offer new hope; and a special chapter for men (who develop osteoporosis, too). Based on the latest scientific information, and including up-to-the-minute practical advice on the best nutrition, exercise, and medication, Strong Women, Strong Bones is the guide for the prevention and treatment of osteoporosis. authors of Strong Women Stay Young and Strong Women Stay Slim illustrated with line drawings

Book Information

Hardcover: 304 pages

Publisher: Putnam Adult (April 3, 2000)

Language: English

ISBN-10: 0399145974

ISBN-13: 978-0399145971

Product Dimensions: 20 x 20 x 20 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (18 customer reviews)

Best Sellers Rank: #1,043,672 in Books (See Top 100 in Books) #92 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #450 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #2717 inÂ Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

This book was recommended to me by a naturopath. It was easy enough to read in just one evening.

The sections about how bones grow and what your risk factors are for getting osteoporosis were quite good. There is also good advice about what vitamins and minerals in addition to calcium to include in your diet, as well as the importance of vitamin D and sunshine, for calcium absorption. However, the food section is confusing. Nelson does not mention sea vegetables as the best food source of calcium and minerals to include in a healthy diet. And since she has the opinion that a person can get all the calcium they need from food sources, she should have included a more accurate calcium food chart in her book. For example, spinach, which tops the vegetable calcium section, contains a lot of oxalic acid which interferes with calcium absorption. Nelson mentions the oxalic acid problem with some foods, but never mentions exactly which foods contain the highest amounts. Instead she says we should eat these foods for other reasons. So, why is spinach at the top of the calcium chart? Let's have a more accurate chart before telling people they can just add up what they are taking in with the chart she provides. Also, in her section on exercises she encourages women over 50 to jump vertically to retain calcium. A woman should gradually build up to 2 full minutes of jumping. What if a person's knees are not in alignment? Jumping is one of the most jarring and hardest things a person can do to their knee joints, especially if they are heavy on their feet. A woman who is over 50 and not used to exercising could easily get injured with this jumping program. I am over 50, and I already exercise 5 or 6 days a week, doing aerobics, running and weight training.

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

Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis Osteoporosis: Osteoporosis Guide To Reducing Osteoporosis Pain And Symptoms Related To Osteoporosis Including Strategies For Managing Osteoporosis, Living ... Osteoporosis (Osteoporosis Prevention) Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally Osteoporosis Diet: Osteoporosis Diet Guide To Preventing Osteoporosis And Improving Bone Strength By Adhering To The Osteoporosis Diet And Following The Osteoporosis Diet Nutritional Guidelines The Healthy Bones Nutrition Plan and Cookbook: How to Prepare and Combine Whole Foods to Prevent and Treat Osteoporosis Naturally Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to

Know About Parkinson's Disease) (Volume 2) Everything You Need...english To Know About English Homework (Everything You Need to Know about (Scholastic Paperback) The Book of Bones: A Bones Bonebrake Adventure (Bones Bonebrake Adventures 2) Super Calcium Counter: The Essential Guide to Preventing Osteoporosis and Building Strong Bones OSTEOPOROSIS: HOW TO PREVENT, TREAT AND REVERSE IT [Paperback] Everything You Need to Know about the Dangers of Tattooing and Body Piercing (Need to Know Library) The Everything Casino Gambling Book: From Poker, to Roulette, to Slots--The Rules, Strategies, and Secrets You Need to Beat the Odds (Everything (Hobbies & Games)) Winter Blues, Fourth Edition: Everything You Need to Know to Beat Seasonal Affective Disorder Kidney Stones: How To Treat Kidney Stones: How To Prevent Kidney Stones (Kidney Stone Treatment & Prevention Guide With All Natural & Medical Solutions To Remedy Pain Or Prevent In The First Place) The No-Drop Zone: Everything You Need to Know about the Peloton, Your Gear, and Riding Strong 50 Maths Ideas You Really Need to Know (50 Ideas You Really Need to Know Series) 601 Words You Need to Know to Pass Your Exam (Barron's 601 Words You Need to Know to Pass Your Exam)

[Dmca](#)