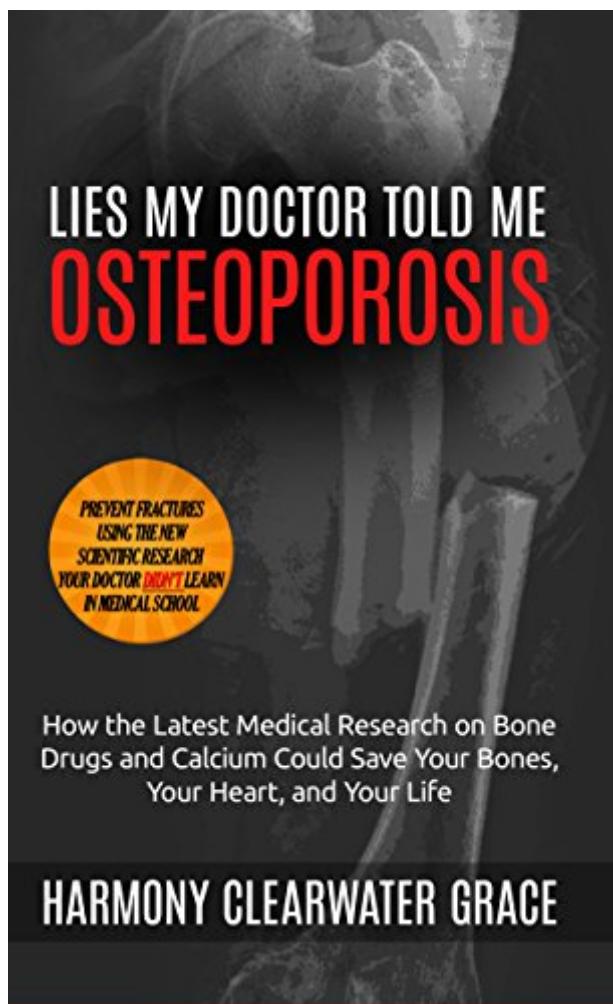


The book was found

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.

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Customer Reviews

I do a lot of my own research when doctor's recommend courses of action to me. Having read numerous books and published studies on osteoporosis/osteopenia I find this little book to actually be the best book of all. Easily read in one sitting, it simply lays forth a safe course of action. I appreciated that every assertion the author made was accompanied by web addresses to studies that back the information. If your doctor is recommending pharmaceuticals, you really owe it to yourself to read this first and make informed decisions.

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 do an excellent job to 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.

When my doctor started insisting I use Fosimax, I declined and started researching alternative (aka natural) treatments. This book is exactly what I was looking for. It is well organized with links to the most reliable medical sources to back up every claim. For those who don't want to get into the technical stuff or check the source materials, there are simple conclusions and guidelines for the layperson to follow. Highly recommend.

Every post menapausal woman should read this book. I hope I recover from years of misinformation re: CALCIUM as recommended by my DR.s and prevent broken bones in the future.

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!

Too technical and with absolutely no substance for the lay person. The title and biosketch of the book are misleading!

Very interesting. Going to talk to my Dr about it.

A lot of references easy to read and informational. Knowledge about bone health is changing quickly, standard of care may be behind. Important info to read before starting medications for osteoporosis.

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