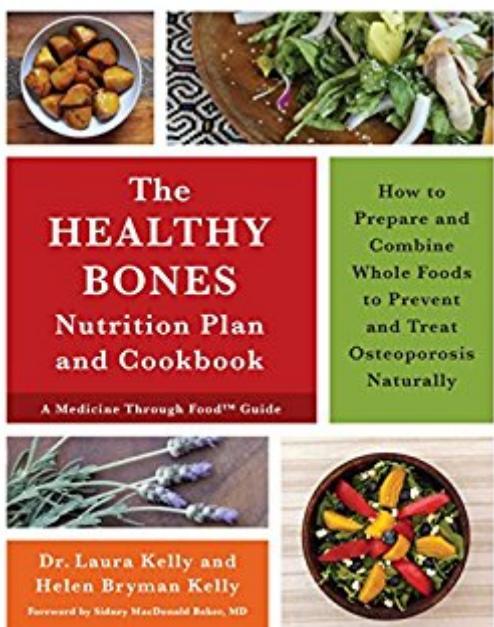


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# The Healthy Bones Nutrition Plan And Cookbook: How To Prepare And Combine Whole Foods To Prevent And Treat Osteoporosis Naturally



## Synopsis

A Medicine Through Foodâ„¢ GuideDrugs that claim to prevent or redress bone loss can actually cause bones to crumble and break. Calcium supplements, fortified processed food, and pasteurized dairy don't work because the calcium in them doesn't reach our bones. Itâ™s a grim picture, but The Healthy Bones Nutrition Plan and Cookbook can help. Coauthors Dr. Laura Kelly and Helen Bryman Kelly, daughter and mother, have a firm grasp on the disciplines concerned with bone health, including nutrient absorption and bone metabolism. They offer readers a natural, effective, and safe approach to conserving bone mass and building healthy bones by creating a personalized nutrition plan that includes eating the right foods in the right combinations. The authorsâ™ quest for a natural, effective, safe way to prevent and treat bone loss began after 20 years of frustration, during which Helen tried supplements and several popular dietary approaches to arrest bone loss, only to see her bones continue to deteriorate year by year. Drawing on her knowledge of metabolic science and a rigorous examination of current research, Laura created a unique diet-based approach to bone health that allowed Helenâ™s body to absorb the nutrients that are naturally present in whole foods. Helen has been following her personal nutrition plan for four years and has stopped her bone loss completelyâ™ without taking any pharmaceuticals. Part One of the book begins with a primer on bone metabolism, including the roles of individual vitamins, minerals, and enzymes that can help build strong bones. Building on this knowledge and more, the authors provide a framework and worksheets so readers can use the recipes and work with their doctors to create their personal nutrition plan for skeletal health. The book includes more than 100 bone-health recipes ranging from sauces and small plates to soups, salads, and main dishes, drinks and desserts. The authors also explain how to make staple ingredients such as ghee and bone health vinegar and how to grow shiitake mushroomsâ™ an important source of vitamin D. Readers can count on their personal nutrition plans and the Kellysâ™ recipes to provide food that helps calcium reach, and potentially strengthen, their bones.

## Book Information

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## **Customer Reviews**

This book should be a mandatory read for EVERY woman. The information about osteopenia and osteoporosis is so sadly lacking in the medical community and the national media. Every woman will lose bone density after their 20's. Whether the loss will become clinically important depends on a variety of factors, but every woman should be adjusting their diet to minimize their bone loss throughout their lifetime and they should start in their young adult life. The value in this book is the information about how a person can use their diet to keep their bone density at its highest level possible. I personally didn't find the cookbook portion of the book, which is small, to be all that helpful. This book will get you thinking about what is needed to maintain bone density and how to manage your diet to be sure you get it. If you are looking for a magic pill to do this for you, don't buy the book--you can keep looking for that pill that doesn't exist.

The book talks a lot about osteoporosis and that's great but the recipes call for items that have to be fermented, soaked etc. before even using them in a recipe. Too complicated.

A lot of good information re osteoporosis for a person who thought that the diagnosis meant EVERY bone in my body. Learning a lot, plus I appreciate having the info there when I have some questions and can easily go through the book to find answers.

excellent book

Perfect for anyone at risk for bone issues. Provides a comprehensive approach to a lifestyle change for the better

Great book to add your home library. It explains in detail the science of how foods can help you prevent and treat osteoporosis

Good recipes to help fight osteoporosis.

great info..very helpful

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