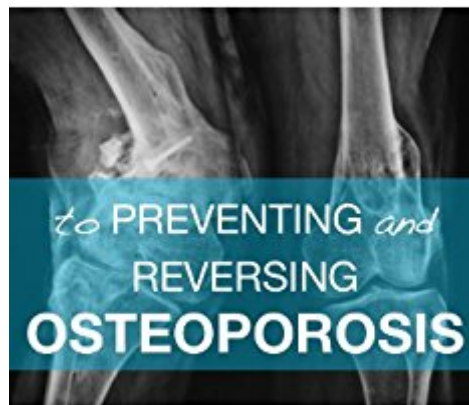


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# The Wellness Doctor's Guide To Preventing And Reversing Osteoporosis (The Wellness Doctor Series Book 1)



DR. STEVE RALLIS  
[www.wellnessdoctor.ca](http://www.wellnessdoctor.ca)



## Synopsis

Lifestyle...is the best medicine! Osteoporosis is a completely preventable and even reversible condition! Volume 1 of the Wellness Doctor's Series will show you how! This book is a guided road map with the dietary, exercise and supplementation specifics needed to prevent, treat and even reverse osteoporosis. Contents include:â €¢Understanding Osteoporosis: what causes it, how to reverse it, what are the myths...â €¢What to eat for super strong bones: what foods should be eaten and what foods should be avoided, bone building teas, what to limit or avoid...â €¢What supplements do you need to build healthy bones: what nutrient supplements deliver on building super strong bones, what is the right dose, combination...â €¢How to exercise to build and reverse bone loss: what exercises have the biggest impact, how many sets, repetitions, full imagesâ €¢What environmental toxins may be destroying your bones, how to interpret your bone scan, what lab values are important...and much, much more!"My sincerest hope within this emerging series is to provide you with strategies and distinctions that will make the biggest difference and to provide you with the programs that I have seen work miracles in my practice." -Dr. Steve Rallis, the Wellness Doctor

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## Customer Reviews

Forget the hype out there, "The Wellness Doctor," Dr. Steve Rallis shares his refreshing insights on the management, prevention, and even the reversal of the ever dreaded bone disease osteoporosis. Right up front Dr. Rallis discusses the causes, common misunderstandings, and most importantly, the disease's reversal! This book clearly reveals the easy to implement action steps to get the process started! It covers proper nutrition, what foods to avoid, what exercises in particular are best, & understanding lab/exam results. It's apparent of Rallis' dedication to patient care because the information provided in this book gives the reader the knowledge and the tools to get results. A must read for the proactive healthy lifestyle enthusiast! Looking forward to Volume 2.~Arian Kelley, DC

As an acupuncturist, I typically meet two types of patients. The first type is looking for a magic bullet to fix their chronic, lifestyle-related diseases. Whether that magic bullet is a drug, an herb, or a precisely placed acupuncture needle, they want a quick fix and they want it now. They simply do not want to be bothered with any personal responsibility regarding their healthcare. This type of patient usually does not get good results from my treatment. The second type of patient understands that their lifestyle plays a huge part in most chronic disease and they realize that they need to take an active role and make consistent, positive lifestyle changes. They just do not know where or how to begin. I often spend a large part of my clinical time educating these patients, and the combination of acupuncture and lifestyle change often produces dramatic results. In a world of information overload (with much of it contradictory), where can either a clinician or patient find evidence-based guidelines that produce real-world results? The answer is right here in The Wellness Doctor series. Dr. Rallis is a rare breed of physician who truly represents leadership in the wellness model of medicine. Further, he has the uncommon ability to condense cutting edge science down into user-friendly, practical advice. This book is a dream come true for clinicians wishing to utilize effective, time-saving educational tools in their practice. I wholeheartedly recommend this book to my patients and eagerly look forward to new releases in the series.

Dr. Rallis is truly one of the leading wellness authorities in North America. Providing folks who are "sick and tired of being sick and tired" the best and easiest natural solutions on becoming the healthiest YOU, his latest health guide is sure to please! Here "The Wellness Doctor" tackles a disease that kills more women in the US over the age of 70 than three cancers combined! Women who have been lucky enough to dodge the cancer bullet and are living to the age of 70 are then

dying from complications due to bones fractures! This doesn't seem fair, because it isn't! Dr. Rallis will not only give you a step-by-step guide for reversing Osteoporosis, but also the tools needed to avoid this all-too-common age-related disease. Unlike what we are led to believe by the mainstream medical community, osteoporosis is not part of the aging process and is completely avoidable by implementing the proper lifestyle changes. Rallis debunks the common myths associated with bone health while providing an easy-to-follow, comprehensive plan of action that actually works! He will uncover what foods to eat and avoid, supplements needed and to stay away from along with proper dosing, what exercises promote bone health, what environmental factors could be contributing to the degradation of your bone health, what tests to order and why, and so much more! This is a must have for both practitioners and patients.

This book was on the daily deal list and I decided to give it a go. It's not horrible but I wouldn't say I'd go around shouting from the rooftops that "i love this book". I hope it helps people understand the issue at hand.

This was a good and easy read. Very understandable to the lay person. The recommendations are within anyone's reach. I learned a lot, and I feel very confident that I can help my osteoporosis without the use of the drugs that my doctor recommended. After trying out the prescription, I had a lot of side effects, and decided to go with the natural supplements and excercises that Dr Rallis is recommending.

In this day and age with so many sources of information and controversy it is increasingly hard to find the "right" information. Dr. Rallis has hit a home run with this easy to follow, informative, step by step guide on how to prevent osteoporosis. This is a must read and share! With the disease on the rampage it is so important to focus on what every individual can do for themselves to prevent and reverse disease. Dr. Rallis guide gives you all the steps you need including nutrition, supplementation, exercise etc... If you are looking for an all in one guide to beating osteoporosis, look no further! Looking forward to reading more from "The Wellness Doctor"!

Great read! Dr. Rallis outlines a great guide to help those who want to achieve a healthy lifestyle. Love how the book goes from defining unhealthy choices we make to giving the reader choices that can better change ones life. Especially like how each section in this book is broken down with charts that explain what we should avoid from the foods we eat, supplements we should take to exercises

we should incorporate into our daily routine. This guide is a must have for every household not only for yourself but for your immediate family especially your wife and kids. Can't wait for the the next series to come out..thanks again Dr. Rallis- we will implement your protocol for our patients moving forward.

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