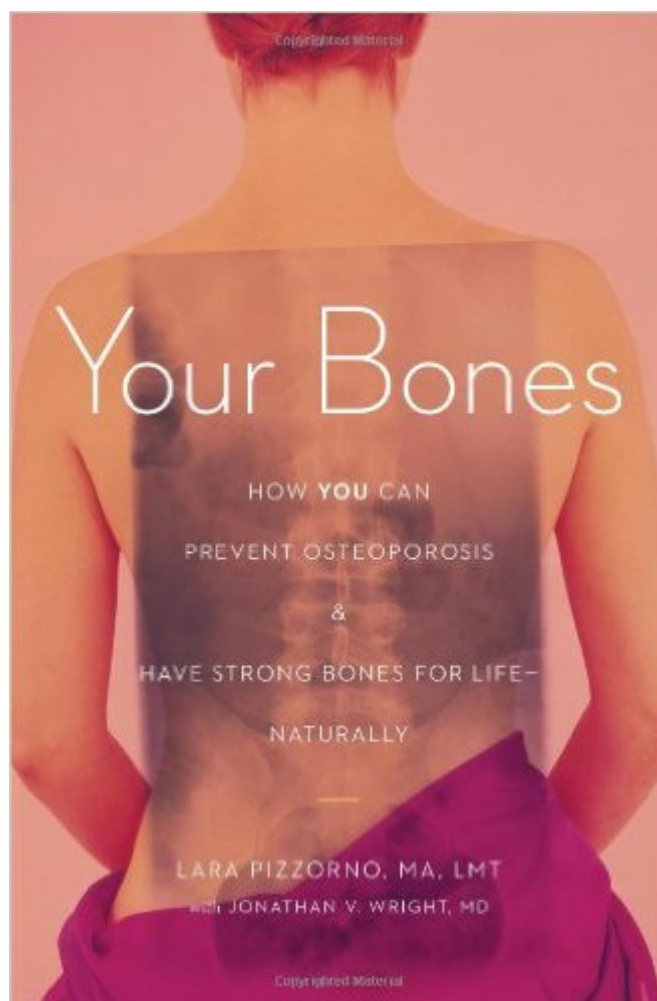


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# Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones For Life Naturally



## Synopsis

A decade ago, the author was diagnosed with osteopenia-a loss of bone density. Today, by following the recommendations discussed in this book, she has strong, healthy bones. The medicines prescribed for osteoporosis should be your last choice: not only do they have terrible side effects, they cause retention of old, brittle bone instead of creating new, healthy bone! Your Bones will be an important handbook for anyone wanting to prevent osteoporosis in later life.

## Book Information

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## Customer Reviews

My expertise is in research evaluation with a special interest in Alternative methods for treating osteoporosis; therefore I reviewed Lara Pizzorno: "Your Bones" carefully and critically. Specific issues such as Vitamin K1 and K2 are clearly explained for the lay reader. For example Vitamin K2 in the form of MK-7 is effectively used (prescribed) in Japan for the prevention and treatment of osteoporosis. The danger of jaw necrosis with bisphosphonate drugs is clearly explained. This book is research-rather-than-opinion based. For example she reports that as of 2010 there are more than 1,100 articles discussing bone death related to bisphosphonate use in peer-reviewed medical journals. Beware of bisphosphonate drugs if there is a possibility for a tooth implant in your future. Strontium Citrate (supplement) and Strontium ranelate (prescription Protelos) are both discussed in detail. "Your Bones" is a valuable resource for consumers and practitioners. I highly recommend the book.

After a DEXA scan in my early 50s I have discovered that I have osteopenia in my spine and full blown osteoporosis in my hips. I was quickly whisked into the doctor's office and told I needed to start on Forteo injections if insurance would approve. I took the literature home and was shaking in disbelief of the dangers and expense of this drug. A black box warning for osteosarcoma, a rare bone cancer, was on the introduction of the literature. I thought no way! Then I looked at bisphosphonates, another nightmare from hell with osteonecrosis of the jaw risk. Again, no way! I am working with the excellent research in this book and cleaning up my diet, increasing my vitamins and supplements, as well as a regimen of weightbearing exercises. I am small framed, never weighted more than 120 in my adult life, and my mother had osteoporosis as well. It was all here for me, including the genetics. After a month of doing about 90 percent of what I have read, I do feel better and will continue with a natural approach to this situation. I am so thankful for this research as the medicine available for this condition is horrible. I do hope when the second book comes out that there is a discussion about Forteo. I truly hope no one takes any of this medication without extensive research, and a good look at natural options.

This book contains great advice about how to maintain good bone health naturally. Ms. Pizzorno explains the science of bone health in a readable and engaging manner. I finally understand why Fosomax and other drugs are so risky. I have osteoporosis (diagnosed at age 43) and I learned a lot that my doctor never told me! I highly recommend this book.

Personally dealing with osteopenia I am always searching for relevant and practical information that will keep me off of the drugs commonly prescribed for this disease. Lara Pizzorno's book is not only enjoyable to read, her recommendations are easily put into practice. I have already bought several copies for friends and look forward to getting the results of my next DEXA scan. - Tenji Cowan

I purchased this book based on reviews from other readers. I'm glad I did. I have read many articles about bone health and they all seem to say the same things, much of which Ms Pizzorno says, but she says it all in one place. It appears she has done her homework. Although she does not have a bibliography, she does have a section at the end of the book for "Notes" which has an extensive listing of sources from which she gleaned her information. Most listings are from this century which makes the information about as recent as you can get. I liked the way the book was laid out and the fact that it was easy and quick to read. Not too scientific, although she did include some scientific information that was easy to understand, and she would repeat it when the subject came up again,

so it could really sink in. I appreciate that she included information on appropriate dosing for different nutrients and the best, most bio-available forms of nutrients or which forms the body best assimilates. Definitely would recommend this book.

This book is jam packed with up to date information about osteoporosis: different ways it can occur, how it is most often treated in the USA with prescription drugs that are now known to be extremely dangerous- and in many cases, deadly, and how it can be treated SAFELY! The information in this book is fact and study based (loads of documented research) and Lara makes it all very simple and easy to understand, which I think is imperative for anyone combating a disease. If you or anyone you care about has osteoporosis, get this book and become knowledgeable... because being aware and knowledgeable can save your life.

Excellent - every woman in menopause should read this. Overall osteopenia and osteoporosis have been blown out of all proportion by the drug companies who just want us all on their drugs to satisfy their shareholders. Wake up ladies - enlighten yourselves and research this 'disease' by reading this book ...

Here is an outstanding resource for prevention and treatment of osteoporosis without harmful drugs. If I had had this book in hand when I was first put on bisphosphonates, I would have refused treatment with this class of pharmaceuticals. No woman should be treated for osteoporosis by a doctor who has not first read this book. I am following the recommendations in this book along with a newer drug used as a last line of treatment for severe osteoporosis and subsequent spontaneous insufficiency fractures, in hopes that when I complete the course of this drug, I will be able to see some positive bone building and continue to do so without harmful drug therapy.

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