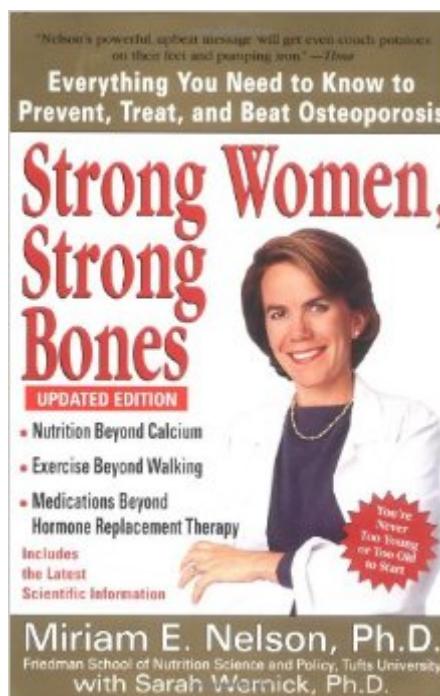


The book was found

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



## **Synopsis**

Based on the latest scientific information, and including practical advice on the best nutrition, exercise, and medication, *Strong Women, Strong Bones* is an essential guide for any woman who wants to know more about the prevention and treatment of osteoporosis. Includes:

- A one-hour-per-year plan for healthy bones
- A self-test to assess risk factors
- Facts on the most accurate bone-density tests
- Tips on supplements beyond calcium, plus new findings on soy
- The best workouts for strong bones, fully illustrated, with an effective new two-minute exercise
- Facts on the latest medical breakthroughs
- A special chapter for men

## **Book Information**

Paperback: 336 pages

Publisher: TarcherPerigee; Updated edition (April 4, 2006)

Language: English

ISBN-10: 0399532498

ISBN-13: 978-0399532498

Product Dimensions: 6 x 0.9 x 9.1 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (43 customer reviews)

Best Sellers Rank: #42,002 in Books (See Top 100 in Books) #7 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #23 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #39 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

## **Customer Reviews**

This book is well researched, well presented, and easy to use. Most every question about bone health I asked is answered in here somewhere. The exercise section is well laid out, gives practical suggestions and offers viable alternatives. Very nice book. Recommend highly.

Despite taking medication and supplements my osteoporosis condition was not getting better. I have started the strength-training exercises and diet in **STRONG WOMEN, STRONG BONES**. Even though it has only been a few weeks I am beginning to feel stronger and healthier. I am continuing the medication and supplements. I have cut down the calcium I was taking and eating more foods that contain calcium as recommended in the book. The book is easy to read and understand. The exercises are easy to follow. I would not use this book without consulting my doctor.

Every woman needs this book! This is a book your doctor should have given you. Women need the information in this book at all ages in their lives. Like she points out in the book, you are never too old to start getting stronger. I got this book after being diagnosed with osteoporosis. I wish I would have gotten it years ago. I believe I could have avoided the diagnosis of osteoporosis in my life. But, it's not too late. I quit taking all those nasty drugs they give you for osteoporosis and started doing the strengthening exercises recommended in this book. I have started slowly and will work my way up to the more advanced ones she shows in the later chapters. That's one of the good things about this book. Anyone can do it at any stage of mobility and age. The book is wonderfully written in layman's terms. There's no doctor mumbo jumbo in it. There are sections on nutrition and supplements also. I feel some of the supplement information is a little outdated. However, that doesn't take anything away from the book. It's still a great book. Who doesn't want to stay young and have strong bones? You can do that at any age. Just read this book. Highly recommend.

"Strong Women, Strong Bones" by Miriam E. Nelson, Ph.D. was a book recommended to my wife who had some concerns about osteoporosis. As stated on the book cover, it provides "Everything you need to Know to Prevent, Treat, and Beat Osteoporosis." Optimistically, the first section of the book relates that osteoporosis is preventable. Then this section gives examples of women who had questions and the course of health treatment that Dr. Nelson recommended. In one case, a woman joined a strength training class and how that helped her. There is also a section of myths of osteoporosis. Section II is titled, Check out your bones. It asks "Are you at risk? Then the book gives examples of why a person might be at risk. In this section my wife appreciated the explanation of the bone density test and how to interpret test results. The items of importance are too numerous to list each one but I would like to mention a section "The Newest Bone Nutrients" that tell of potassium, magnesium and more. My wife liked the ideas about diet and is passing the ideas she got to a friend who also intends on purchasing it.

My mother had 5 hip replacements. When the last one was done, her bones were virtually transparent. When I found out I have osteopenia, a huge alarm went off. I don't want to have my mother's experience as I get older. My doctor told me to do weight strengthening exercise and not to fall. I had no idea what kind of exercises would work. I saw this book when I went in for my bone density scan. I decided to get it when I got the analysis. It's highly readable. Jam packed with great strengthening exercises and a program for working through them. The author dispels myths about

exercises that are supposed to be helpful - like walking. And she discusses foods that are helpful, too. I now send this book to friends and clients.

If you're new to the topic of osteoporosis, this looks like a good starting point. But if you've been staying up-to-date by reading articles and talking to health professionals and people who've been diagnosed, you'll already know most of what's in this book.

Very good information for women of all ages. The updated version was similar to the original but some new info.

I took a class based on this author's work - it was great. But the book I found fairly useless. I was hoping there would be more attention paid to different weight lifting exercises but that was a very small part of the book. It was more about her opinions on bones which I found irrelevant for me. I am not a big western medicine fan but if you are then you might enjoy this book. I gave it away.

[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 12 Week Triathlete, 2nd Edition-Revised and Updated: Everything You Need to Know to Train and Succeed in Any Triathlon in Just Three Months - No Matter Your Skill Level 50 Maths Ideas You Really Need to Know (50 Ideas You Really Need to Know Series)

[Dmca](#)