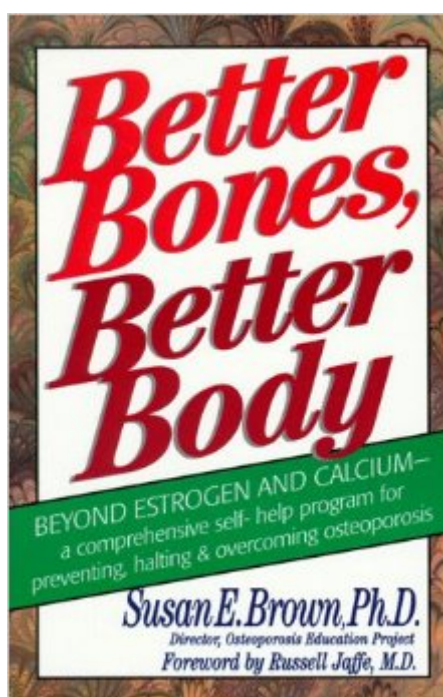


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Better Bones, Better Body: A Comprehensive Self-Help Program For Preventing, Halting And Overcoming Osteoporosis



Synopsis

The thinning fragile bones of osteoporosis are a nightmare for women in their later years, threatening disablement, increased risk of fractures and hip replacement, or even early death. The suggested treatments of calcium and oestrogen are uncertain and controversial. This work seeks to dispel the myths and present a comprehensive programme for building both stronger bones and general bodily health, with risk assessment questionnaire to determine individual needs.

Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (8 customer reviews)

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Customer Reviews

Good bone health requires more than drinking lots of milk or taking calcium supplements. Dr. Susan E. Brown explains it all in her book, *Better Bones, Better Body*, a "comprehensive self-help program for preventing, halting and overcoming osteoporosis." A medical anthropologist and certified nutritionist, Dr. Brown currently directs the Osteoporosis Project and the Nutrition Education and Consulting Service. She says that osteoporosis is a "needless disorder [that] barely exists in much of the world." It is "a disease of Western civilization created by our lifestyles." Because it's a disease we have created, it is one we can eliminate. Dr. Brown says her extensive research enables her to say that "I now know that osteoporosis is preventable and that it can be halted once begun. I also know that it is to some degree reversible." Her book details precisely what causes osteoporosis and how to prevent its development. Although many of us think of bone as being something that is solid and unchanging, it is actually living tissue. Old bone tissue is constantly being dissolved and replaced with new bone. Dr. Brown says that "every atom in our skeleton is replaced within a

three-month period." While calcium is certainly a key player in building new bones, it doesn't work alone. At least 17 other nutrients are needed. The standard American diet either doesn't provide those nutrients, or provides them in inadequate quantities. Not only are most Americans slighted on the essential nutrients, they consume too much animal protein. Calcium is actually withdrawn from bone tissue in order to metabolize protein, which contributes to the development of osteoporosis.

Dr.

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