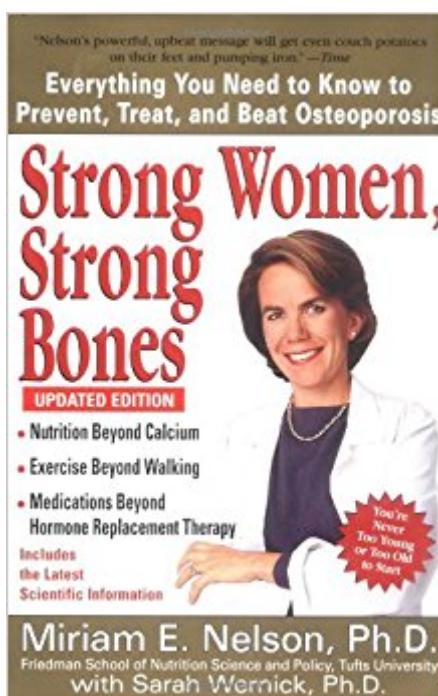


The book was found

# 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 inches

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

Average Customer Review: 4.2 out of 5 stars 52 customer reviews

Best Sellers Rank: #69,958 in Books (See Top 100 in Books) #7 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #38 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #54 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

## Customer Reviews

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.

My mother had 5 hip replacements. When the last one was done, her bones were virtually transparent. When I found out I have osteopena, a huge alarm went off. I don't want to have my mother's experience as I get older. My doctor told em 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.

Good book about osteoporosis.

Excellent

Great book for those with osteoporosis who want to do something about it. The sections on stretching and resistance exercises are just what I needed. It is clearly written with good tips for what to watch for while exercising as well as what not to do.

My doctor recommended this book and I found it easy to read and appropriately comprehensive, addressing bone health and defining a full exercise program for improving balance and strengthening bones.

After being diagnosed with severe bone loss a doctor recommended this book to me. Turns out the spinal bone loss was due to bone removed during surgery. I found the book interesting, full of good information for everyone and very easy to understand.

Excellent information. Explains all of the supplements you should take for stronger bones and why. Every woman over 50 should read it.

[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: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Strong Women, Strong Bones: Everything You Need to Know About Preventing and Treating Osteoporosis Your Bones: How You Can Prevent Osteoporosis and Have Strong Bones for Life "Naturally Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally The Healthy Bones Nutrition Plan and Cookbook: How to Prepare and Combine Whole Foods to Prevent and Treat Osteoporosis Naturally 7 Secrets to Prevent or REVERSE Osteoporosis and Osteopenia: How I Reversed Osteoporosis Naturally Without Drugs And How You Can Too!. All About Osteoporosis, A Book That Tells All You Need To Know About Osteoporosis Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) Law 101: Everything You Need to Know About American Law (Law 101: Everything You Need to Know about the American Legal System) Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) Resolving Osteoporosis: The Cure & Guide Book: A Referenced Guide to Your Body, Life, Mind, Bones, Prevention and Diet While Dealing With Osteoporosis Everything You Need to Know When Someone You Know Has Been Killed (Need to Know Library) Food and Our Bones: The Natural Way to Prevent Osteoporosis Yoga Builds Bones: Easy Gentle Stretches That Prevent Osteoporosis You Don't Know What You Don't Know: Everything You Need to Know to Buy or Sell a Business Cancer Cookbook: 125 Anti-Cancer Recipes to Prevent, Treat and Beat Cancer Mayo Clinic on Osteoporosis: Keeping Bones Healthy and Strong and Reducing the Risk of Fractures ("MAYO CLINIC ON" SERIES) Bones, Bones, Dinosaur Bones

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)