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# The Myth Of Osteoporosis



## Synopsis

"Gill Sanson's book is a well-researched breath of fresh air that will help women everywhere better trust the wisdom of their bodies." -- Christiane Northrup, M.D. *The Myth of Osteoporosis* is a research-based work that provides clear insight into the myths of osteoporosis. These myths motivate both patient and physician into a lifetime of unnecessary testing and drug therapy; therapy that can in fact be life-threatening. Gillian Sanson's well-documented explanation of these myths can spare women great anxiety. She takes the fear out of aging and restores women's sense of control over their bodies. She gives women good reasons for challenging the common way that osteoporosis is handled in the United States and in many other industrialized nations.

## Book Information

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## Customer Reviews

"The Myth of Osteoporosis" is a book that should be read by every woman or man who receives a diagnosis of osteoporosis. Do not blindly accept a doctor's admonition that you must take one of the popular drugs, such as Fosamax or Boniva. Do not blindly follow television commercials by celebrities that tell you to request a prescription from your doctor. Doctors are well-meaning, but too often rely on flawed studies subsidized by pharma companies. Currently, these drugs are the "cash cows" of several companies. Don't expect those companies to explain the difference between bone density levels and fractures. After taking a bone density test and receiving a diagnosis of osteoporosis, the doctor handed me one alternative -- a prescription for Fosamax. Fortunately, I had read a number of depositions of women harmed by bisphosphonates. Several doctors called this

"anecdotal" information used by lawyers, not the "scientific" approach used by medical professionals. This book provides a balanced view of various drugs designed to treat osteoporosis and discusses the many myths that surround the disease and bone density tests. It provides a realistic framework for making a decision whether to treat the condition with or without drugs. Understand your options before popping a bisphosphonate pill into your mouth. It could save your life. This book is well worth your time.

Gillian Sanson goes against the current by empowering women and encouraging them to take responsibility for their own health through research, information, courage, optimism and good-sense. Her book is thoroughly and carefully researched, with clear scientific references for each of her claims. With the wealth of information we have today, it doesn't make sense to follow your doctor blindly, without questioning exactly what his/her recommendations will do to YOUR body. She also goes against the current by ditching the "magic pill" notion of medicine (which, incidentally, is highly profitable for the medical and pharmaceutical empires) and advocating a holistic approach to better bones through lifestyle changes such as exercise, sound nutrition and a clear, peaceful mind. She explains which types of exercise and which nutrients are important for our bones, and why. Buy and read this book. Buy more copies and give them to your friends and family members. I will help you make your bones stronger, stop worrying needlessly and, as a bonus, lower your risk of heart disease, diabetes and cancer, and live a happier and more satisfying life. Life and good health are simple. Some professionals and corporations try to convince you they are complicated, because they profit from disease, not from good health. Take back your own life and health. This book will help you enormously.

This book is really great, it set me on course to tell my Dr that after 2 yrs of taking Osteoporosis drugs that I no longer felt it was safe to do so. The products have not been tested long term, there are SOOOOO many bad complications that can occur, they don't think the drug ever leaves your body and long term the drugs may actually do more harm than good making the bones more brittle. I told my Dr I wanted to try exercise and taking my calcium and Vit D and after 2 yrs my bones are better, of course they are not the bones of a 20 yr old but I am 57 so why would they? I really believe the big drug companies are behind the hype and fear of this problem and really do you see millions of women walking around with big bumps on their backs? NO so stand up for yourself, take care of your bodies and don't be suckered into taking unnecessary drugs.

I recently saw my doctor and had a bone scan. The reading came back that I had low bone density in my spine and the doctor wanted to put me on a prescription. Of course, it had side effects. I knew that it was important to do weight bearing exercise and also talked to my doctor about that. She actually recommended another book, but during my search for it on I came across this one. First I read it and then I had my husband read it. Sorry, I am not taking those drugs and I am not doing to have another bone density test until they come up with something more reliable. Others may feel differently, and maybe this was my inclination anyway. Still, the book is well researched and certainly gives one pause for thought.

This is the most enlightening book on Osteoporosis and the misconceptions and myths about the disease, and even more so, about the myths of modern standard "treatments". Written by a woman who has Osteoporosis running in her family; when her teenage daughter was diagnosed with it, she was inspired to deeply research to uncover the truth about Osteoporosis, it's causes, it's dangers, the current reseach and medical understand, and the best approaches to treating the problems it creates. It provides a nearly complete survey of all the current research and studies on Osteoporosis and challenges the logic behind the current treatments, and provide clear, brilliant reasoning about the approaches and the success rates. The number of references can be nearly overwhelming, but they all add up to new conclusions and considerations, that anyone with Osteoporosis must consider. The book, though written on a medical topic, reads very well, and presents the technical/medical concepts so clearly that I rarely had to reread a paragraph to grasp it's import. In all, I'm grateful for this new analysis and guidance for dealing with this condition. In all, this was the most eye-opening book on the subject that I've read, and I recommend it highly to anyone with an interest in the topic.

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