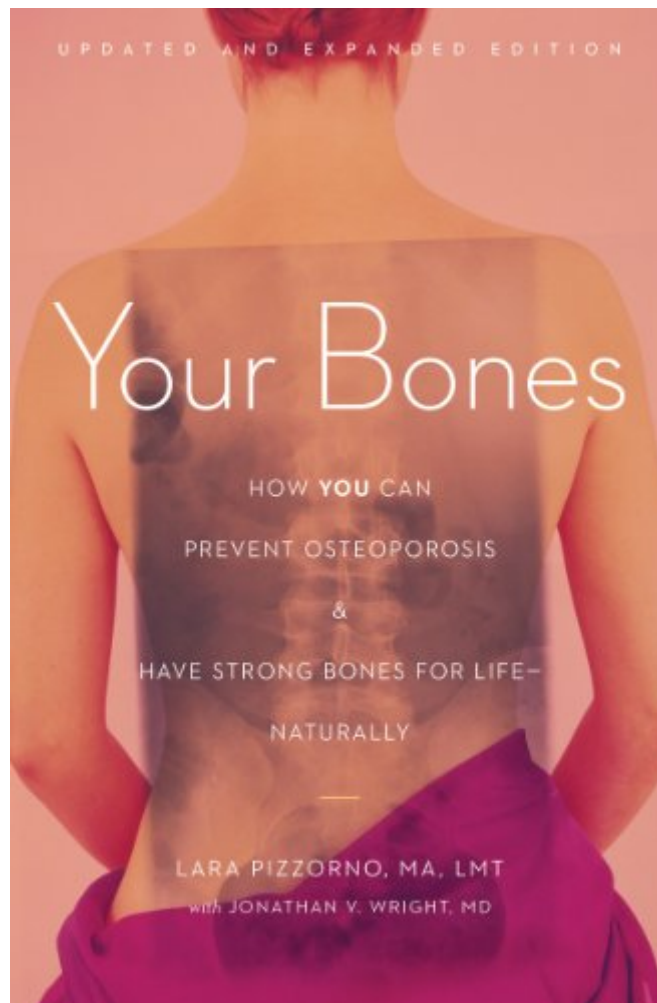




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Your Bones: How You Can Prevent Osteoporosis And Have Strong Bones For Life—Naturally



Synopsis

Your Bones contains everything you need to know for healthy bones in one book, providing scientifically based advice which highlights natural prevention and treatment strategies. This UPDATED AND EXPANDED edition includes many new studies on the dangers of the bisphosphonate drugs and an in depth discussion of two new drugs with potential adverse effects. Also new: more information on bone-busting patent medicines, calcium supplementation options, strontium, vitamin K2, and zinc as well as a section on bone-building exercise.

Book Information

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Osteoporosis

Customer Reviews

DR PIZZORNO IS RIGHT TO CALL THESE POISONS. DEATH, KIDNEY FAILURE, JOINT, MUSCLE PAIN, AND MANY MORE. READ BEFORE YOU TAKE ANY OP DRUG. MY BACK HAS TAKEN THE BRUNT OF THE OP SO FAR. I CAN BARELY WALK. AND THE MEDICAL PROFESSION IS SHOVING TRYING TO SHOVE THIS POISON ON ME. AFTER THEY CAUSED THE OP WITH 30 YRS SYNTHROID, AND NOT 1 WORD ABOUT PREVENTION! HOLISTIC VITS/MINS COULD HAVE PREVENTED IT! I WILL BE FOLLOWING DR PIZZORNO ADVICE.FDA

ALERTED THE MEDICAL COMMUNITY IN 2008 ON THE DANGERS OF ALL OP DRUGS! YET THEY ARE STILL PUSHING IT, NO HELP BUT CALCIUM AND D, BONES ARE MADE OF MORE THAN THOSE 2 THINGS, K2 IS NEEDED TO STOP CALCIUM FROM CALCIFYING IN YOUR VEINS, IF YOU ARE NOT ON A BLOOD THINNER. K2 IS YOUR CLOTTING AGENT.

MAGNESIUM CHELATED IS THE NEXT HIGHEST NEED MINERAL FOR YOUR BONES, 2 -1 RATIO OF CALCIUM. OXIDE BOUND MAGNESIUM IS NOT WELL ABSORBED SO READ LABELS! Reclast 1 yr IV[...] Reclast (zoledronic acid) is used to treat Paget's disease, high blood levels of calcium caused by cancer (hypercalcemia of malignancy, multiple myeloma (a type of bone marrow cancer) or cancer that has spread from elsewhere in the body to the bone, to treat or prevent osteoporosis in postmenopausal women, and to increase bone mass in men with osteoporosis. It is also used to treat or prevent osteoporosis in people who will be taking certain steroid medicines for 12 months or longer. It is in a group of medicines called bisphosphonates. Common side effects include nausea, tiredness, flu-like symptoms (e.g., fever, chills, muscle/joint aches), dizziness, headache, or pain/redness/swelling at the injection site. Most of these side effects occur within 3 days of treatment.

Excellent information and good reasons to carefully decide on the proper course of action. Things your doctor won't speak about, but you should know first.

If you are a woman who is concerned about the specter of osteoporosis in your life I would highly recommend you read this book before you make any decisions about a course of treatment. You will learn everything you need to know about your bones, how they break down and how they are replenished. More importantly you will learn the side- effects of current pharmaceutical treatments. The author also lays out a plan to build up your bones naturally. Then you have the knowledge necessary to decide what action to take when the time comes. Knowledge is power, and this book can help allay your fears.

Loaded with information - have osteoporosis? Osteopenia? You need this book. Doesn't have all the answers but a great place to learn about what you have and what you can be doing to improve your bones.

Great info. Wish I'd had it 10 years ago when I had no clue I would need this info now. I've gotten off prescription drugs and trying the natural route.

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 found this book very interesting and informative. I was especially interested in it because I wanted to know more about taking Strontium. The book was well written and I learned some tips from it. I would recommend the book.

Really informative. An excellent book to read about osteoporosis.

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