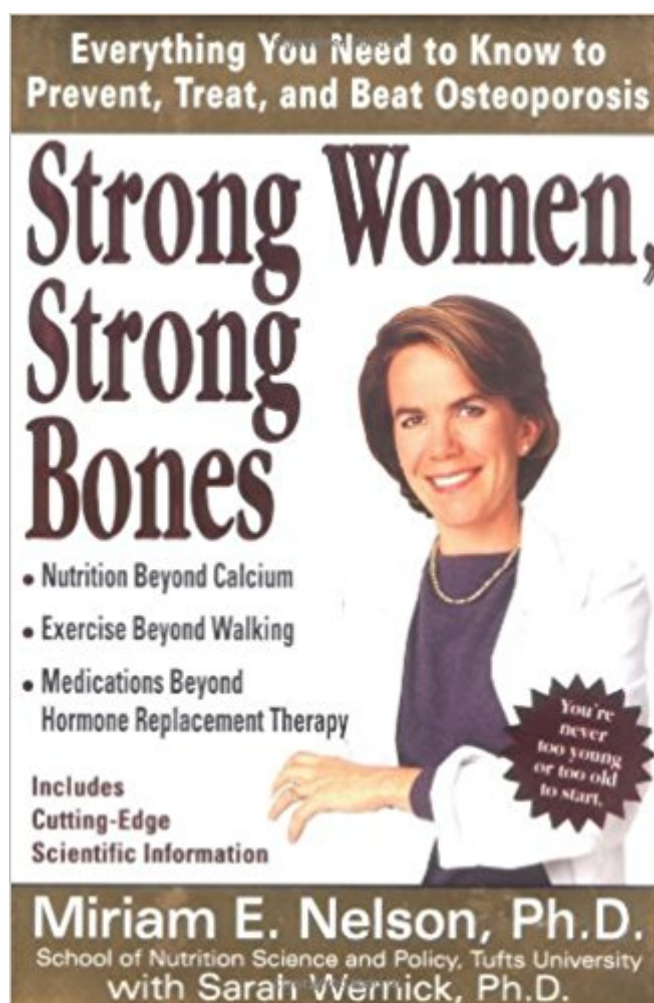


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Strong Women, Strong Bones: Everything You Need To Know To Prevent, Treat, And Beat Osteoporosis



Synopsis

"Miriam Nelson's work shatters all the crippling myths we have inherited about the inevitability of weakness, deterioration, and osteoporosis as we age." ---Christiane Northrup, M.D. author of *Women's Bodies, Women's Wisdom*

Osteoporosis develops invisibly. Starting around age thirty-five (or even earlier) women lose up to one percent of their bone mass each year. Often symptoms don't appear for decades. And then a bone breaks. Many women experience problems not obviously associated with fragile bones: chronic back pain, dowager's hump, a protruding tummy. But the cause is osteoporosis and twenty-eight million Americans are affected. Now we know that osteoporosis afflicts women as young as twenty--and it is preventable. In this comprehensive, user-friendly book, Nelson details steps to fortify bones and avoid this debilitating disease. *Strong Women, Strong Bones* features a self-test to assess risk; the most accurate bone-density tests; nutrition recommendations that go beyond calcium and vitamin D; bone-boosting workouts, with illustrated instructions; medications that offer new hope; and a special chapter for men (who develop osteoporosis, too). Based on the latest scientific information, and including up-to-the-minute practical advice on the best nutrition, exercise, and medication, *Strong Women, Strong Bones* is the guide for the prevention and treatment of osteoporosis. authors of *Strong Women Stay Young* and *Strong Women Stay Slim* illustrated with line drawings

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Customer Reviews

The Strong Women have done it again. First *Strong Women Stay Young* broke new ground by

showing women how strength training--exercising with weights or against resistance--can delay the signs of aging. Then *Strong Women Stay Slim* showed women how strength training could keep the pounds off. Now *Strong Women, Strong Bones* teaches women how to prevent and treat osteoporosis through exercise (strength training, weight-bearing aerobic exercise, stretching, and balance) and nutrition. Tufts University researcher Miriam Nelson and award-winning health writer Sarah Wernick again team up to bring you the latest science, translated to reader-friendly language and practical application. You learn how osteoporosis works, your personal risk factors, and exactly what to eat and what exercises to do to keep your bones strong. These authors have become popular because their information is up-to-date and based on cutting-edge research, so their advice is trustworthy and it works. And they make it simple--even if you haven't exercised since high school (and even if high school was a very long time ago!) you can follow their safe and clearly illustrated "bone-boosting workouts." Their nutritional advice won't make you load up a shopping cart with an alphabet soup of supplements like many books--instead, you'll load that shopping cart with fruits, vegetables, soy, high-calcium foods, and a calcium-vitamin D supplement. "Support your bones," advise the authors. "They support you." *Strong Women, Strong Bones* shows you how. --Joan Price

Osteoporosis is a preventable and treatable disease characterized by decreasing bone mass. Nelson and Wernick, coauthors of *Strong Women Stay Young* and *Strong Women Stay Slim*, explain in a clear and friendly manner how bones grow; osteoporosis risk factors; how to adjust the diet to include calcium, vitamin D, and other bone-essential nutrients; the types of weight-bearing exercises that should be performed to promote maximum bone health; and the latest osteoporosis treatment options. The authors urge readers to think about how this disease pertains to them by using the book's handy "One-Hour Self Assessment Checklist" once a year. Nancy E. Lane's *The Osteoporosis Book* (LJ 10/1/98) contains similar prevention and treatment information, but *Strong Women, Strong Bones* focuses more heavily on diet and exercise and contains sample menus, a grocery shopping list, a detailed exercise program, and sample logs for keeping track of diet and workouts. Men also get osteoporosis, and the authors briefly explain how they can adapt the nutrition and exercise advice to meet their needs. Highly recommended for consumer health collections. (Illustrations not seen.)--Samantha J. Gust, Niagara Univ. Lib., NY Copyright 2000 Reed Business Information, Inc.

Has lots of good suggestions on how to increase your bone mass.

very informative on women health issues for strong bones. exercises easy to read and follow. have passed on info . to friends

Every woman - with or without osteoporosis - should read this book. Great reference tool, too. Easy to understand. Keep it on your book shelf and refer to it often for exercises, food and medicine tips. If you know any woman over 50, buy it for her.

I am not a nutritionist but the information here was nothing new to me so I sold it on after leafing through a few pages.

This book was recommended to me by a naturopath. It was easy enough to read in just one evening. The sections about how bones grow and what your risk factors are for getting osteoporosis were quite good. There is also good advice about what vitamins and minerals in addition to calcium to include in your diet, as well as the importance of vitamin D and sunshine, for calcium absorption. However, the food section is confusing. Nelson does not mention sea vegetables as the best food source of calcium and minerals to include in a healthy diet. And since she has the opinion that a person can get all the calcium they need from food sources, she should have included a more accurate calcium food chart in her book. For example, spinach, which tops the vegetable calcium section, contains a lot of oxalic acid which interferes with calcium absorption. Nelson mentions the oxalic acid problem with some foods, but never mentions exactly which foods contain the highest amounts. Instead she says we should eat these foods for other reasons. So, why is spinach at the top of the calcium chart? Let's have a more accurate chart before telling people they can just add up what they are taking in with the chart she provides. Also, in her section on exercises she encourages women over 50 to jump vertically to retain calcium. A woman should gradually build up to 2 full minutes of jumping. What if a person's knees are not in alignment? Jumping is one of the most jarring and hardest things a person can do to their knee joints, especially if they are heavy on their feet. A woman who is over 50 and not used to exercising could easily get injured with this jumping program. I am over 50, and I already exercise 5 or 6 days a week, doing aerobics, running and weight training. I tried jumping vertically at a fitness center in front of a mirror to make sure I did it correctly. Then I went on to do a leg press, which I do on a regular basis, and my left knee hurt. My personal trainer said running would be much better for me than jumping. I do not have joint problems, yet, but I could after Neilson's exercise program. Also, the medication section encourages every woman to consider hormone replacement therapy. Does we all really need this therapy? I am

discouraged that this book was rated so highly and recommended. It was mostly a waste of money. Only the first couple sections in the book were really worth reading. Check it out at the library or buy it used if you must.

Weight bearing exercise, diet, calcium, omega-3, Co-Q10, ALA, Black Cohosh--Women have received scant directions from their doctors in the past and the high rate of heart disease and weak bones have taken their toll. Now we have Ms. Nelson giving us the straight talk on how essential it is that we do "good" exercise, not just a few stretches as we clean the house, that we eat more dark leafy greens, not just iceberg dominated salads, that we supplement with specific nutrients that will build and/or maintain strong bones, hearts, hormones. Double check her research at a site called iHerb. You will see that doctors and researchers in the know are now advocating that women and their doctors take a more pro-active role in keeping them healthy. iHerb has additional links and products that will dovetail Nelson's research.

Great book -- but it left out ESSENTIAL bone building exercises from "Strong Women Stay Young", by the same author, in particular those related to the hip. I'd recommend picking up a paperback copy of it also. "Strong Women, Strong Bones", covers much new info on supplements, medications, oxalates and nutrition as well as new exercises and a few relevant pages for men. It is quite comprehensive.

I found this book to be extremely informative in what women can do to not only prevent bone loss - osteoporosis - but to rebuild lost bone mass. There are so many things we can do to protect our health, and Mariam Nelson cites them beautifully. I am anxious to read more of her books! Additionally, her affiliation with Tufts University says volumes about the validity of her findings. Tufts is the premier university in America - perhaps the world - in its healthcare research and issues. I recommend this book highly.

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