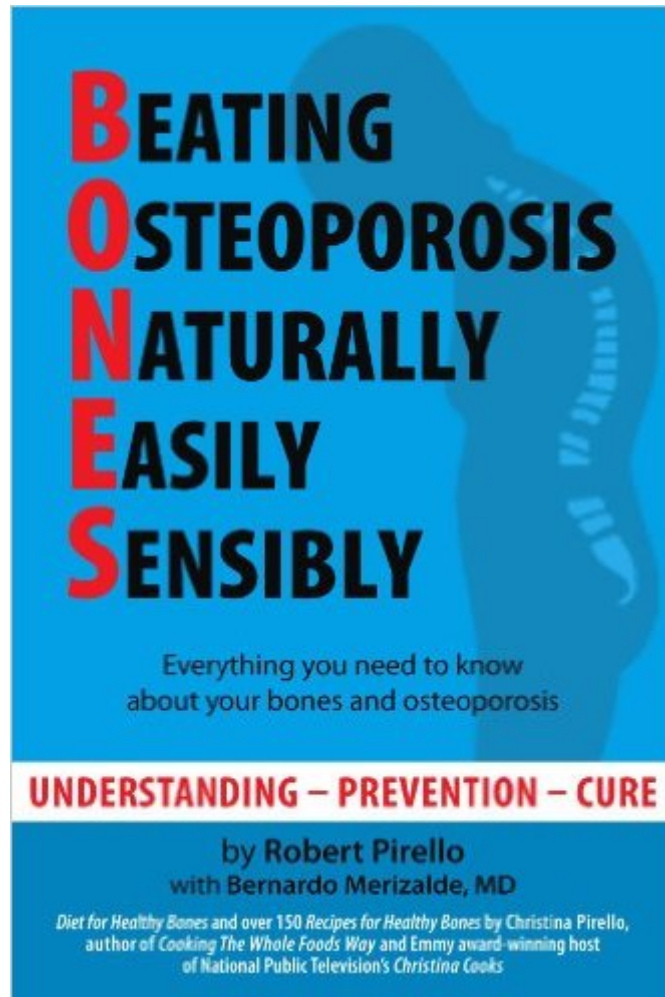


The book was found

B.O.N.E.S.: Beating Osteoporosis Naturally, Easily, Sensibly



Synopsis

I cured my osteoporosis naturally and you can, too. Osteoporosis is a woman's disease, right? That's what I thought, until I was diagnosed with this silent crippler. -Robert Pirello

With the help of Bernardo Merizalde, MD, a change in diet and without pharmaceuticals, Robert Pirello did more than arrest his osteoporosis he cured it. And now he shares his compelling story, from diagnosis to cure, from being disabled from his sport of running to finishing a marathon five years after his diagnosis as a way to celebrate his cure and return to his normal, active, athletic lifestyle. Osteoporosis is a major public health threat for more than 44 million Americans aged 50 and older. More than 10 million people in the United States already have osteoporosis, and that number is rapidly growing. Another 34 million people have low bone mass, placing them at increased risk of osteoporosis fractures, and with the rapidly aging population, these numbers will continue to increase at a staggering rate. In this tale of passion and recovery, Robert Pirello takes you on his journey and shows you how to maintain and regain healthy bones. Let Robert and Christina Pirello, with Dr. Merizalde, show you how strong bones can be yours naturally, easily, sensibly.

Book Information

Paperback: 254 pages

Publisher: Xlibris, Corp.; 1 edition (December 29, 2006)

Language: English

ISBN-10: 1425743889

ISBN-13: 978-1425743888

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15.7 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars See all reviews (11 customer reviews)

Best Sellers Rank: #982,403 in Books (See Top 100 in Books) #87 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis

Customer Reviews

This is my new favorite book! Robert Pirello candidly shares of his devastation in discovering that, as a young man in his 40's, he had the bones of a man in his 80's. He sustained several compression fractures in his lower spine. He had been a marathon runner for many years, and also had a very healthy (or so he thought) natural foods diet. Last year, I was diagnosed with osteopenia,

and I'm so thankful to have found this book, which is a real education in preventing osteoporosis, and even healing our bones. I, for one, refuse to take bisphosphonates, which all the commercials lead us to believe is the golden remedy. The potential risks and side effects are something I personally don't want to take a chance on. One of the biggest changes Robert made in his diet was to add lots of beneficial fats, such as olive and avocado oils. He lists the supplements he takes for bone health, and there is one supplement he seems to credit the most for gaining back an unprecedented percentage of bone. He recommends a specific brand that he researched as truly being able to build bone density. And there are cautions with this as well (such as not taking it with grapefruit juice). He encourages everyone to work with a doctor when taking this and other supplements. Robert actually gained bone back (something my doctor told me is nearly impossible once there is a diagnosis of osteoporosis). And he is running again, even marathons! That, to me, is a miracle. This book is a testimonial well worth listening to and learning from, because this courageous man has real documented results. This is a book I knew I had to own, to refer to often. Besides having great information on bones, there are several chapters of bone-building delicious recipes~a bonus!

[Download to continue reading...](#)

Osteoporosis: Osteoporosis Guide To Reducing Osteoporosis Pain And Symptoms Related To Osteoporosis Including Strategies For Managing Osteoporosis, Living ... Osteoporosis (Osteoporosis Prevention) B.O.N.E.S.: Beating Osteoporosis Naturally, Easily, Sensibly Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Osteoporosis Diet: Osteoporosis Diet Guide To Preventing Osteoporosis And Improving Bone Strength By Adhering To The Osteoporosis Diet And Following The Osteoporosis Diet Nutritional Guidelines Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) Diabetes Cure: How to Reverse Type 2 Diabetes Naturally with Healthy Food, Diet, and Exercise (Diabetes Diet - Your Ticket to Beating this Disease Naturally and Effectively) The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs The Osteoporosis Diet: A Complete Diet Guide for People with Osteoporosis (Causes, Diet, Nutrition, Supplements, Exercises and Other Remedial Measures) Reverse Osteoporosis in 30 Days: Osteoporosis Reversal in 30 Days: Rehabilitation for Long-Term Health Osteoporosis: How to Effectively Control and Manage Osteoporosis to Rid It From Your Life Forever Heal Breast Cancer Naturally: 7 Essential Steps to Beating Breast Cancer Quit Smoking: Stop

Smoking Now Quickly And Easily- The Best All Natural And Modern Methods To Quit Smoking (Quit Smoking Now Quickly & Easily So You Can ... & Defeat Nicotine Addiction Once & For All) The Healthy Bones Nutrition Plan and Cookbook: How to Prepare and Combine Whole Foods to Prevent and Treat Osteoporosis Naturally Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally Erectile Dysfunction: How To Quickly And Easily Overcome Erectile Dysfunction And Impotence Naturally Without Any Medication (Men's Health, Erection Problems, Sexual Health) Help Yourself Natural Remedies 3 Book Bible: Pro Immunity Anti Inflammatory - Sleep Better Without Meds - Change Your Posture Naturally (Transform Your Life Naturally) Naturally Pain Free: Prevent and Treat Chronic and Acute Pains-Naturally Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) Backyard Chickens for Beginners: Getting the Best Chickens, Choosing Coops, Feeding and Care, and Beating City Chicken Laws (Booklet) Beating Cancer with Nutrition (Fourth Edition) Rev

[Dmca](#)