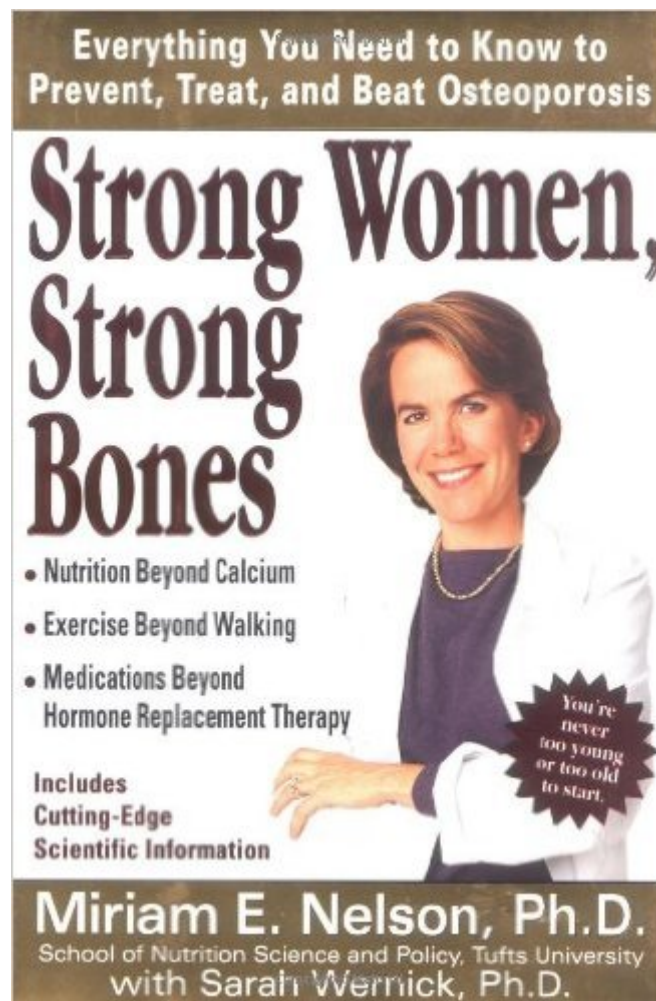


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# Strong Women, Strong Bones: Everything You Need To Know To Prevent, Treat, And Beat Osteoporosis



## 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

## Book Information

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## Customer Reviews

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.

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