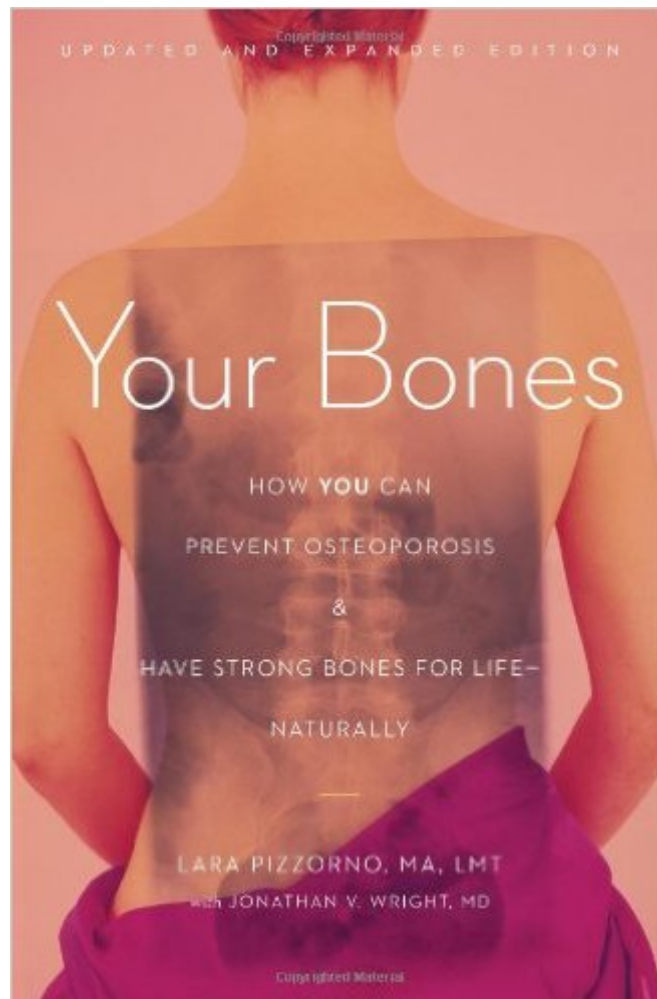


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# Your Bones: How You Can Prevent Osteoporosis And Have Strong Bones For Life\_Naturally



## 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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## Customer Reviews

I just finished reading "Your Bones," by Lara Pizzorno for the second time. It is a marvelous book for women who want to maintain healthy bones or build their bones to a healthy state. I very much liked learning the importance of vitamin K and the need for a variety of vitamins and minerals necessary for healthy bones besides calcium. I am talking Algae cal plus so I was pleased to learn why it is superior to other forms of calcium. I learned that higher doses of Vitamin D are required to reach a normal range. Living in Seattle, like many others my Vitamin D level is too low. Also, her new section on Pilates was especially informative and particularly helpful for me. I am learning how to use my core muscles rather than my neck, shoulders and hips to move. Pilates is helping me to feel more limber and move with grace. I learned why Pilate's exercise can prevent damage to my spine and hips and helped motivate me to WANT to do some of the Pilates exercise that I didn't like, previous to reading this new addition to her book. It amazes me how much good research is behind

the advice that is given. Even though I have read the book twice-couldn't put it down yesterday, I know that I will continue to refer to it. It occurs to me that this would be a wonderful book to give to mothers, daughters and granddaughters to help them understand how they can maintain their good posture and health as they age. I am a postmenopausal woman and am highly motivated to stay healthy so this information was tremendous for me. When I went through menopause my female doctor told me to take calcium. When I visited her a second time, she asked me if I had taken calcium since we last met. I appreciated that she cared about my bones, but this exchange wasn't adequate. There is a lot to learn and this book is well written, researched and comes from a writer and researcher with a proven track record.

If you want to know the best way to have strong, healthy bones, and especially if you (or someone you know) have been diagnosed with osteoporosis or osteopenia, this book is for you. The 2011 version of this book has been extremely valuable to me. I have learned much more about bone health from *Your Bones* than I ever did from my doctors. The 2013 version is updated and expanded, with over 100 pages of new material. Ms. Pizzorno is very knowledgeable on this subject, and she writes clearly and engagingly. There are also nearly 100 pages of endnotes for those who want to go deeper, and there is a very helpful index. I highly recommend this book.

I did not give it 5 stars because after following it, we expected good results. Unfortunately, my sister's bone loss continues. Several doctors did concur in the use of Strontium as a "must" in osteoporosis therapy along with Vit D3 and K2 (not K1). I believe this strategy has slowed the bone loss but not stopped it. We just learned that there is a blood test to show bone loss which is even better than the dexa scan which just provides a baseline of bone density. Hence, you need both measurements I think. We are also trying out a product similar to Power Plate that has shown some benefit in building back bone. So this book probably needs to be updated with the new developments to get the 5 stars. The book is a great start for anyone with an osteoporosis diagnosis because it helps educate people on alternative options to the prescription drugs which have terrifying side effects in 10% of users. Imagine losing your jaw or breaking your femur? Those Rx treatments expose you to risks that to me, are even worse than the disease. When I asked the doctor if he was willing to take a Rx drug that might cause him to lose his entire jaw or break his femur, would he take it and the doctor responded "no". He said he would look for alternatives. And yet, he was more than willing to prescribe it for his patients. Don't trust your doctor on this one - find out the facts for yourself! Strontium, Vit D3 and K2 is a great strategy that will help "slow" bone loss.

Strontium builds bone that is strong whereas biphosphid drugs build weak bones that are more likely to break. Get the facts. This book is a good start.

For anyone who has been diagnosed with osteopenia, osteoporosis or just wants to learn how to keep their bones healthy and strong this is a MUST READ. I purchased the 2011 edition over a year ago and it was very informative. I wasn't sure that the 2013 edition would have anything to add but it has quite a bit of additional, current and valuable information. Patients today must be educated and take responsibility for their health. This book is the perfect tool to assist you.

After reading the first edition of Lara Pizzorno's book I was very grateful for her relevant, practical, and enjoyable to read information aimed at helping to maintain or regain bone density. Her second book expands on the valuable information found in the first edition which, after a year, has personally resulted in my not only maintaining, but improving, my DEXA (bone density) results. I will continue to follow her recommendations and share her most recent edition with the increasing number of friends who are finding themselves having to deal with declining bone strength. Thanks Lara!- Tenji Cowan

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