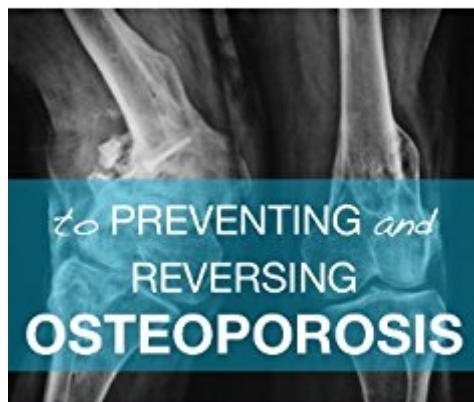


The book was found

# The Wellness Doctor's Guide To Preventing And Reversing Osteoporosis (The Wellness Doctor Series Book 1)



DR. STEVE RALLIS  
[www.wellnessdoctor.ca](http://www.wellnessdoctor.ca)



## Synopsis

Lifestyle...is the best medicine! Osteoporosis is a completely preventable and even reversible condition! Volume 1 of the Wellness Doctor's Series will show you how! This book is a guided road map with the dietary, exercise and supplementation specifics needed to prevent, treat and even reverse osteoporosis. Contents include:

- Understanding Osteoporosis: what causes it, how to reverse it, what are the myths...
- What to eat for super strong bones: what foods should be eaten and what foods should be avoided, bone building teas, what to limit or avoid...
- What supplements do you need to build healthy bones: what nutrient supplements deliver on building super strong bones, what is the right dose, combination...
- How to exercise to build and reverse bone loss: what exercises have the biggest impact, how many sets, repetitions, full images
- What environmental toxins may be destroying your bones, how to interpret your bone scan, what lab values are important...and much, much more!"My sincerest hope within this emerging series is to provide you with strategies and distinctions that will make the biggest difference and to provide you with the programs that I have seen work miracles in my practice." -Dr. Steve Rallis, the Wellness Doctor

## Book Information

File Size: 1121 KB

Print Length: 47 pages

Simultaneous Device Usage: Unlimited

Publication Date: November 6, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00A399E0A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #193,102 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #30 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #42 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases &

## Customer Reviews

This was a good and easy read. Very understandable to the lay person. The recommendations are within anyone's reach. I learned a lot, and I feel very confident that I can help my osteoporosis without the use of the drugs that my doctor recommended. After trying out the prescription, I had a lot of side effects, and decided to go with the natural supplements and excercises that Dr Rallis is recommending.

Great read! Dr. Rallis outlines a great guide to help those who want to achieve a healthy lifestyle. Love how the book goes from defining unhealthy choices we make to giving the reader choices that can better change ones life. Especially like how each section in this book is broken down with charts that explain what we should avoid from the foods we eat, supplements we should take to exercises we should incorporate into our daily routine. This guide is a must have for every household not only for yourself but for your immediate family especially your wife and kids. Can't wait for the the next series to come out..thanks again Dr. Rallis- we will implement your protocol for our patients moving forward.

This book was on the daily deal list and I decided to give it a go. It's not horrible but I wouldn't say I'd go around shouting from the rooftops that "i love this book". I hope it helps people understand the issue at hand.

Hopeful, logical, and containing a few new insights. Beneficial over all.

After being prescribed medication with scary side effects, I decided to read and do some research about osteopenia and osteoporosis in order to know how to improve my health. I recommend this book to anyone with similar diagnosis.

Concise and informative

I have osteoporosis and I learned lots of new information from this book. Also everyone with this bone disease should take vitamin d.

I think I was expecting more information, but maybe there isn't any more info to give. Sounds like exercise is an osteoporosis sufferer's best bet.

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

The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Preventing and Reversing Osteoporosis: What You Can Do About Bone Loss - A Leading Expert's Natural Approach to Increasing Bone Mass Preventing and Reversing Osteoporosis Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease: [ A Holistic Approach to Preventing & Curing Heart Disease ] (Mudra Healing Book 8) Resolving Osteoporosis: The Cure & Guide Book: A Referenced Guide to Your Body, Life, Mind, Bones, Prevention and Diet While Dealing With Osteoporosis Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs All About Osteoporosis, A Book That Tells All You Need To Know About Osteoporosis The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs The Great Cholesterol Myth + 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin Free Plan and Diet that Will Vitamin K: Understanding The Healing Powers Of A Little Known Vitamin (Vitamin K, Vitamin K2, vitamin k2 and the calcium paradox, vitamin K and the calcium paradox, osteoporosis, osteoporosis cure) 7 Secrets to Prevent or REVERSE Osteoporosis and Osteopenia: How I Reversed Osteoporosis Naturally Without Drugs And How You Can Too!. Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will Lean Belly Breakthrough: The 2-Minute Belly Fat Shrinking Ritual (Reversing Diabetes and Preventing Heart Disease) The K Factor: Reversing and Preventing High Blood Pressure Without Drugs Preventing and Reversing Arthritis Naturally: The Untold Story You'll Never Meet A Bald Eskimo - How Indigenous People Hold The Key To Preventing & Reversing Hair Loss Mayo Clinic Guide to Preventing and Treating Osteoporosis Stand Tall! Every Woman's Guide to Preventing and Treating Osteoporosis

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help