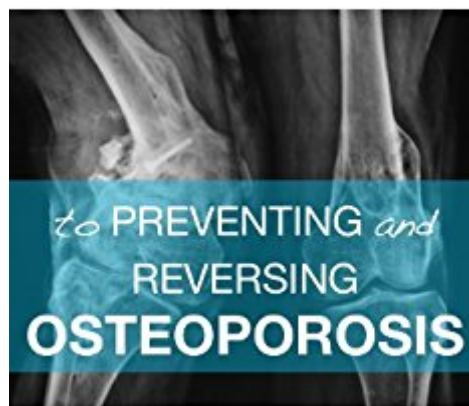




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# The Wellness Doctor's Guide To Preventing And Reversing Osteoporosis (The Wellness Doctor Series Book 1)



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

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## 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 exercises 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.

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