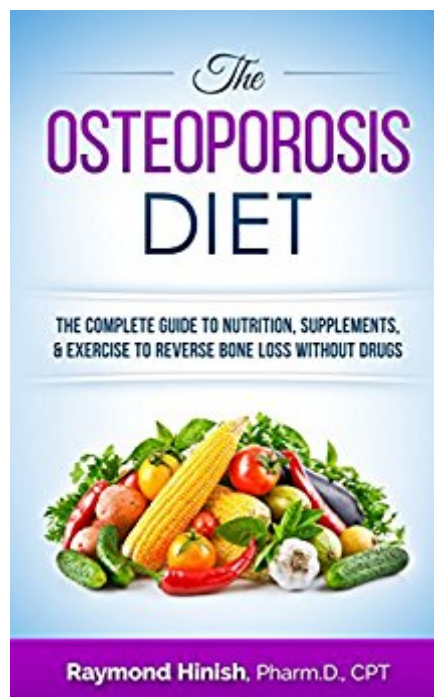




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# The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs



## Synopsis

Are you looking for a natural approach to osteoporosis treatment? The Osteoporosis Diet was written for those who are looking for a non-drug approach to prevent and treat osteoporosis or osteopenia. If you're looking for a way to enjoy osteoporosis protection for life, without the need to resort to potentially toxic drugs such as: Fosamax, Boniva, Reclast, and other newer and equally toxic drugs, then The Osteoporosis Diet is the solution. In the book you'll learn:

1. The form of calcium you will NEVER want to take. Hint: Odds are you take it right now and your doctor probably recommended it! Choose the right calcium, get strong bones. Choose the wrong calcium, lose your skeleton.
2. What it takes to make major increases in your bone density! How to increase your bone density by 11% or more in just 2 years!
3. Never be confused about the different forms of calcium ever again. You will learn the types of calcium that will give you the BEST bang for your buck.
4. How to avoid Doctor Induced Bone Loss. Why most doctors miss the mark on treating osteoporosis and how they may actually be responsible for MORE fractures in the coming future. Ignore this advice at your own peril.
5. Why most people should dump their osteoporosis medications down the toilet. Stop wasting your money on medications that just don't work and may do more harm than good.
6. Why milk should be AVOIDED if you want to keep your bones healthy! Is milk really just food for cows, not for humans? I'll give you a hint: NO!
7. Choose the right calcium to actually grow new bones! Find out which form of calcium is the only form proven to increase bone density by itself.
8. Which mineral may be even more important than calcium. That's right, calcium is a player in the bone building process but this mineral may prove to be the headliner! Without it, all of your efforts could be for nothing!
9. Avoid this BONE CHILLING side effect! Learn about a disgusting side effect of Fosamax and other osteoporosis medications that is now being called Fossy-Bone.
10. Why your bone density test may not be an accurate predictor of fracture risk. Also, learn one simple step to make these tests more accurate! You simply MUST follow this one tip if you want accurate bone density results.
11. The new, IMPROVED formula for diagnosing true osteoporosis and your ACTUAL fracture risk. The simplicity of this formula will blow your mind!
12. Learn how accurate the grocery store osteoporosis screenings are and what to do with the results.
13. If you do choose to take Fosamax or one of its relatives, follow these instructions to get the most benefit and the least side effect! and much, much more!

In addition to the osteoporosis diet, we also cover osteoporosis supplements and osteoporosis and exercise! The Osteoporosis Diet is a offers osteoporosis protection for life!

## Book Information

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## Customer Reviews

I've read quite a few books on this subject. This book covers from how osteoporosis occurs and why, what vitamin and minerals to take and how they work, and the best foods to support a healthy bone structure. I thought it was well written and easy to understand. The book also focused on overall health including diet and exercise and not just taking calcium. I liked that approach since it doesn't focus on just taking a pill. This is a good read for people with osteoporosis and younger people so they learn how to take care of themselves now and help prevent it or limit the impact of osteoporosis in their older years.

Although many people automatically think of Osteoporosis as an old woman's disease, it is actually quite common in men too. My uncle has suffered from it for a number of years now, and is willing to try anything that could help to improve his condition. And that's where Dr Hinish's book has really helped. Being a foodie is often restrictive when it comes to strict diets, but not so with this - plenty of healthy Mediterranean food, so fresh fish, white meat, vegetables and olive oil make for a delicious and nutritious meal plan.

Well written, concise and informative. This book was short and to the point, it had a lot of great information, much of it was very eye opening, especially concerning calcium supplements. If you have concerns about osteoporosis, this is a great first step into learning what things can help you improve your bone density. I only gave it 4 stars because, although the author cited many studies to back up his writing, the majority of these studies were from the 80's and 90's. I would have liked to have seen some findings from more recent studies. Overall, very happy with this purchase.

I didn't know about many of the supplements discussed in this book, or what foods are best and which to avoid. I now feel like I'm able to develop a program that works for me. Unfortunately I'm at risk of fracture and choosing to take Fosamax. But I'm hopeful it be short term. With the lifestyle changes and supplements plus The Meeks Method exercises for people with osteoporosis (different book, also very good) I feel much stronger in only a couple of months. I take just one OsteoPrime, one 100gm ubiquinol, and one 2000IU vitamin D every morning after breakfast. I'm trying to get the rest of what I need through the diet and lifestyle (only one cup of coffee per day for example.) An added benefit seems to be improvement in other problems of tachycardia and severe allergic reactions! I am only 58 and didn't expect this diagnosis so young. Thanks to the diet lifestyle and supplement suggestions in this book and the exercises in the other, I feel hopeful that I will improve. I am adding more changes over time as they make sense and seem possible. Good luck to anyone who has osteoporosis who is reading this! Kathy

Osteoporosis tends to run in my family so this book is a useful resource. This book covers what osteoporosis is and what causes it. It even discusses the effects of nutrition, medications, lifestyle, diet, and any surgeries have on the health of your bones. The book is nicely detailed with more than enough information for how to maintain healthy bones. I love that it dives into the details of bone health without the medical jargon. If you are looking for information on how to prevent, or lessen, the effects of osteoporosis then give this book a try.

I have been studying about osteoporosis for years, first when my mother was diagnosed with it and now for myself. This is one of the best layman's explanations I've seen. It feels so good to have a non-pharmaceutical direction to head in. There was little hope of recovery for my mother, but there is for me.

I thought I understood how to care for my bones, especially since my mother suffered a fractured

hip from osteoporosis. I was wrong. Dr. Hinish's book really helped me get a handle on the best ways to protect my bones well into the future. What I found particularly of interest is the need for younger people, both men and women to begin addressing the care of their skeleton to avoid painful complications later in life. I discovered I wasn't taking enough vitamin D so will now adjust accordingly. Osteoporosis can cause many problems which can be avoided if we begin to look after our bones earlier. Thanks Dr. Hinish for helping us do this.

I bought this book for my 76 year old mother. She loved it! She liked the fact that it was jam packed with information and the information was written in an easy to understand manner and wasn't full of a lot of medical jargon like some of these types of books are. She did say that she wished there were some sort of 'cheat sheet' that summarized all of the important information as there was just so much information in the book. The only bad thing I can say about it is that now she keeps quoting stuff out of it to me and providing 'advice' to me about my own diet.

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