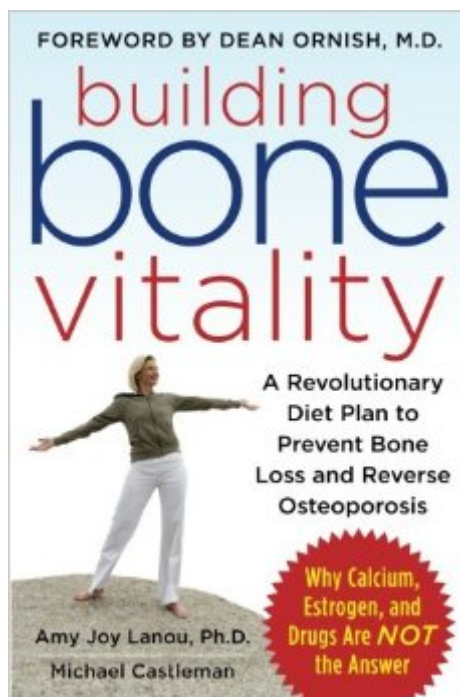


The book was found

# Building Bone Vitality: A Revolutionary Diet Plan To Prevent Bone Loss And Reverse Osteoporosis--Without Dairy Foods, Calcium, Estrogen, Or Drugs



## Synopsis

Calcium pills don't work. Dairy products don't strengthen bones. Drugs may be dangerous. For years, doctors have been telling us to drink milk, eat dairy products, and take calcium pills to improve our bone vitality. The problem is, they're wrong. This groundbreaking guide uses the latest clinical studies and the most up-to-date medical information to help you strengthen your bones, reduce the risk of fractures, and prevent osteoporosis. You'll learn why there's no proof of calcium's effectiveness, despite what doctors say, and why a low-acid diet is the only effective way to prevent bone loss. "This clear, convincing explanation of osteoporosis will change the way the world thinks about bone health. Lanou and Castleman prove beyond doubt that milk and dairy are the problem, not the solution." -Rory Freedman, coauthor of #1 New York Times best seller *Skinny Bitch* "The authors have tackled an almost intractable myth: that calcium is the one and only key to bone vitality. It isn't. Everyone who cares about preventing osteoporosis should read this book." -- Dr. T. Colin Campbell, author of *The China Study*

## Book Information

Paperback: 256 pages

Publisher: McGraw-Hill Education; 1 edition (May 22, 2009)

Language: English

ISBN-10: 0071600191

ISBN-13: 978-0071600194

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (59 customer reviews)

Best Sellers Rank: #82,870 in Books (See Top 100 in Books) #13 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis](#) #52 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #312 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

The authors offer their insights on osteoporosis after reviewing over 1,200 research articles on the topic. And they tell readers how to find that literature, or will actually send you copies of all of it for a fee that covers their expenses. This strengthens their positions that the commonly held beliefs to drink your milk, eat your dairy products or take a calcium supplement to prevent or treat osteoporosis are not based upon a preponderance of research findings. As an alternative they

explain that we have developed a diet that is high in protein (especially animal protein) and low in fruits and vegetables. This leads to a chronic state of metabolic acidosis (an acid condition within the blood stream), which the body treats by resorbing bone to neutralize (buffer) the acid condition. Over time this chronic loss of small amounts of bone calcium can lead to low bone mineral density, osteopenia or osteoporosis, with increased risk of fracture. They cite several research articles that have noted this association, in particular, the one by Lynda A. Frassetto, Karen M. Todd, R. Curtis Morris, Jr. and Anthony Sebastian, which found a direct correlation between increased animal protein intake and increased hip fracture risk. They also found a correlation between increased vegetable intake and decreased hip fracture risk. This article is available online for free at [...]. The diagrams of these correlations in the article are proof that a picture is worth a thousand words. The second part of the program to prevent or treat osteoporosis is through weight bearing exercise. They also show the abundance of research that backs this up as an effective method.

The nutritional information in this book is essential for anyone battling osteoporosis, or for younger women and even men at risk because of familial tendencies or other risk factors. The eating style given here can help enormously, while protecting from many cancers and other diseases. Be sure to read Chapter 9, Bricks and Mortar, with care. Then look at the nutrient chart at [...] for a more comprehensive chart of nutrients, with recommended amounts. (Note: this is the web site for Susan E. Brown's older but better written and worthwhile book, *Better Bones, Better Body : Beyond Estrogen and Calcium*. Also worthwhile: the chapter on osteoporosis in *Food and Nutrients in Disease Management*. What's wrong with this book? It's so repetitive that it can be discouraging: I suspect that many readers give up before they get to the essential points about nutrients, exercise, etc. It makes the main point about low-acid diet over and over and over again. It is not as comprehensive as it could and should be about nutritional variety and about exercise. It almost ridicules osteoporosis medications and calcium supplements in the earlier chapters, possibly leading some people to give them up, then toward the end admits that they may help. It does not mention the importance of B12 until late in the book, and doesn't mention vegans' possible iron deficiency. It ignores sugar in all of its charts and discussion.

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

Building Bone Vitality: A Revolutionary Diet Plan to Prevent Bone Loss and Reverse Osteoporosis--Without Dairy Foods, Calcium, Estrogen, or Drugs Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines)

Osteoporosis: Osteoporosis Guide To Reducing Osteoporosis Pain And Symptoms Related To Osteoporosis Including Strategies For Managing Osteoporosis, Living ... Osteoporosis (Osteoporosis Prevention) Bone Broth: Healthy Benefits of Bone Broth, Enjoy a Healthy Diet, Lose Weight, and Fight Aging (Bone Broth,Bone Broth Diet,Bone Broth Miracle,Bone Broth ... is bone broth,bone broth fast)) Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Osteoporosis Diet: Osteoporosis Diet Guide To Preventing Osteoporosis And Improving Bone Strength By Adhering To The Osteoporosis Diet And Following The Osteoporosis Diet Nutritional Guidelines The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Bone Broth Power: Lose Weight, Improve Your Health, And Reverse Aging (Bone Broth, Bone Broth Diet, Bone Broth Miracle Book 1) Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life Go Dairy Free: The Ultimate Guide To Going Dairy Free-How To Go Dairy Free Without Cutting The Cheese Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age by Lani Simpson (2014-08-12) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) Better Bones, Better Body : Beyond Estrogen and Calcium Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Diverticulitis Diet Plan: A Diverticulitis Diet Plan with Foods to Avoid, the Best Foods to Eat and an Effective Diet for Treatment PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet)