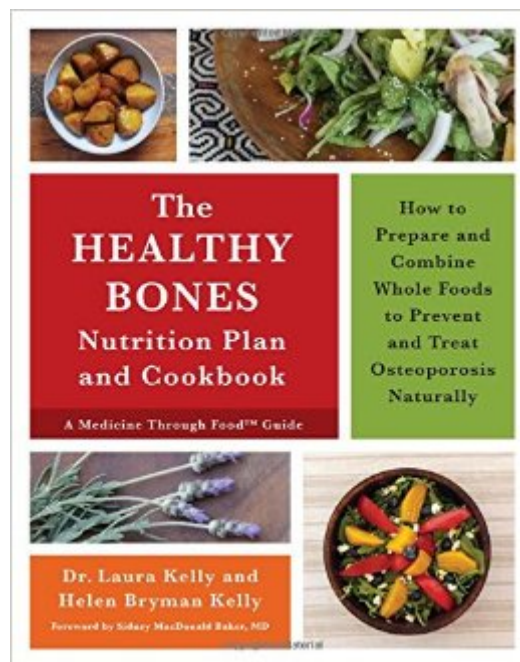


The book was found

The Healthy Bones Nutrition Plan And Cookbook: How To Prepare And Combine Whole Foods To Prevent And Treat Osteoporosis Naturally



Synopsis

A Medicine Through Foodâ„ Guide Drugs that claim to prevent or redress bone loss can actually cause bones to crumble and break. Calcium supplements, fortified processed food, and pasteurized dairy don't work because the calcium in them doesn't reach our bones. It's a grim picture, but The Healthy Bones Nutrition Plan and Cookbook can help. Coauthors Dr. Laura Kelly and Helen Bryman Kelly, daughter and mother, have a firm grasp on the disciplines concerned with bone health, including nutrient absorption and bone metabolism. They offer readers a natural, effective, and safe approach to conserving bone mass and building healthy bones by creating a personalized nutrition plan that includes eating the right foods in the right combinations. The authors' quest for a natural, effective, safe way to prevent and treat bone loss began after 20 years of frustration, during which Helen tried supplements and several popular dietary approaches to arrest bone loss, only to see her bones continue to deteriorate year by year. Drawing on her knowledge of metabolic science and a rigorous examination of current research, Laura created a unique diet-based approach to bone health that allowed Helen's body to absorb the nutrients that are naturally present in whole foods. Helen has been following her personal nutrition plan for four years and has stopped her bone loss completelyâ€”without taking any pharmaceuticals. Part One of the book begins with a primer on bone metabolism, including the roles of individual vitamins, minerals, and enzymes that can help build strong bones. Building on this knowledge and more, the authors provide a framework and worksheets so readers can use the recipes and work with their doctors to create their personal nutrition plan for skeletal health. The book includes more than 100 bone-health recipes ranging from sauces and small plates to soups, salads, and main dishes, drinks and desserts. The authors also explain how to make staple ingredients such as ghee and bone health vinegar and how to grow shiitake mushroomsâ€”an important source of vitamin D. Readers can count on their personal nutrition plans and the Kellys' recipes to provide food that helps calcium reach, and potentially strengthen, their bones.

Book Information

Paperback: 304 pages

Publisher: Chelsea Green Publishing; 1 edition (July 21, 2016)

Language: English

ISBN-10: 1603586245

ISBN-13: 978-1603586245

Product Dimensions: 7.5 x 0.7 x 9.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (3 customer reviews)

Best Sellers Rank: #45,128 in Books (See Top 100 in Books) #9 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #21 in Â Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #27 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

Customer Reviews

I love this book because it was created with a purpose to save loved ones from a crippling infliction. Not only is the foundation of science guiding the advice sound and relevant, the recipes are delicious!

I love this book! As a chiropractor for 19 years, I'm always looking for information on natural healthcare for my patients and myself. This book gives a great comprehensive view of how to handle osteoporosis. I enjoyed the personal accounts and technical information given on the nutritional aspect of where to find different vitamins and minerals in the food that we eat. The book also tells you what not to eat. So, if you want to launch a plan to restore your skeletal frame. This gives you a hands on guide to heal yourself naturally. Just follow the simple steps and recipes.

Love, love, love this book. I received within days after ordering and it has become my bible. I am very pleased that the author has written it in "my speak". I can actually understand her. I highly recommend this book for everyone interested in their health.

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

The Healthy Bones Nutrition Plan and Cookbook: How to Prepare and Combine Whole Foods to Prevent and Treat Osteoporosis Naturally Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) 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) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Osteoporosis: How To Reverse Osteoporosis, Build

Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) 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 Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Naturally Pain Free: Prevent and Treat Chronic and Acute Pains-Naturally The Book of Bones: A Bones Bonebrake Adventure (Bones Bonebrake Adventures 2) Perfect Bones : A Six-Point Plan to Promote Healthy Bones Building Bone Vitality: A Revolutionary Diet Plan to Prevent Bone Loss and Reverse Osteoporosis--Without Dairy Foods, Calcium, Estrogen, or Drugs

[Dmca](#)