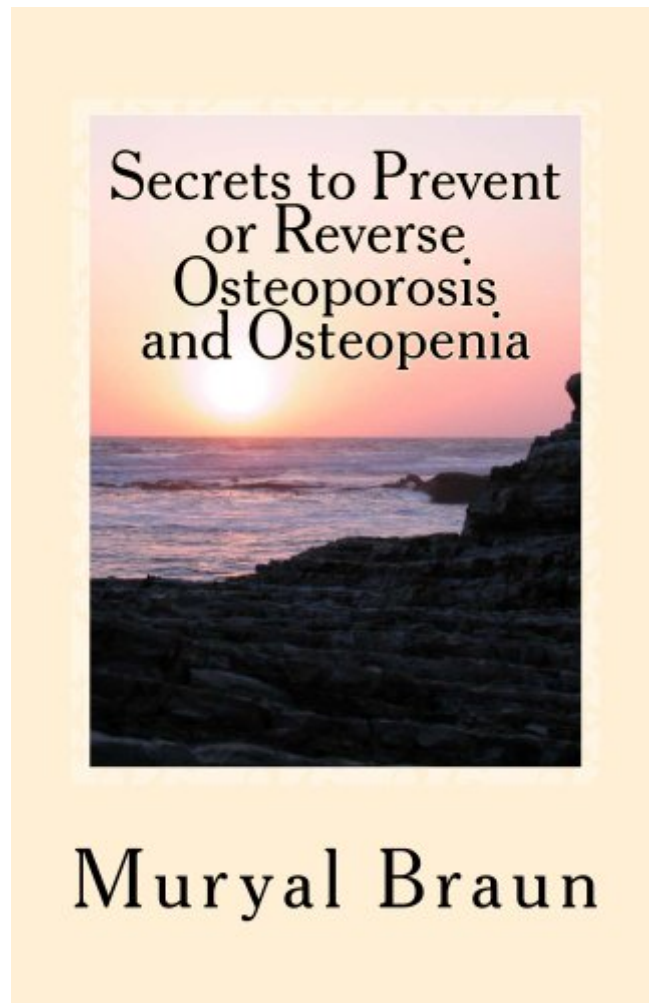


The book was found

# 7 Secrets To Prevent Or REVERSE Osteoporosis And Osteopenia



## Synopsis

If you're reading this, you probably have been diagnosed with Osteoporosis or Osteopenia. Your doctor will probably recommend that you take a drug to strengthen your bones. Don't do it! Learn about the harmful affects of these drugs and what you can do to NATURALLY REVERSE your Osteoporosis or Osteopenia. The author knows, because SHE DID IT!

## Book Information

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## Customer Reviews

A friend and I had considered spending \$67 on THE BONE HEALTH REVOLUTION (SAVE OUR BONES), but decided to check that one out through Inter-library Loan first. Now, after having read both that and 7 SECRETS TO PREVENT OR REVERSE OSTEOPOROSIS AND OSTEOPENIA, I would definitely recommend the information in this one over the other, particularly when considering the price difference. Although Braun likes a high protein diet, she also notes that acid foods, like soft drinks, are terrible for your bones. At any rate, I think her information on supplements is excellent, and I intend to add more of the ones she recommends. I only wish that she'd had an editor to make

sure the book read as well at the beginning and end as it does in the middle. Also to make sure the type was consistent both in color and size. This seems a trivial complaint considering the book is short, to the point, and gives exactly what you need to turn your bone health around without resorting to drugs. A quick and easy read and reference book.

I bought the Kindle version of this book, which was more like a pamphlet in length, and read it in 20 minutes. There's good basic information in here if you've never done any research or read a single article on osteoporosis/osteopenia. Very basic stuff and very poorly written. Also, it's as if, when the book was transferred to the electronic medium, there was no proofreading or editing done. A frustrating read, to say the least. If the price had been 99 cents I may not complain, but this eBook is NOT worth \$5.99. An excellent book on the subject is "Vitamin K2 and the Calcium Paradox" by Dr. Kate Rheaume-Bleue, also available for Kindle from .

Ms Braun may have been a good women's nurse, but she is a really lazy researcher and writer. The "Secrets" are no secret, just a little common sense applied to a few supplements and a few more food selections, with a brief flavoring of exercise. Ms Braun's editor (or printer) manages to spread her double-spaced draft over ninety-two (pages not counting blank frontal and end pages). Readers interested in either in-depth or current discussions of diagnosis and treatment issues and options should refer to a book list from [...]. I have purchased four of them via .com, starting with Osteoporosis for Dummies (as usual, a great primer from JWiley & Co.). I find no easy or "secret" answers, either with medicinal or "natural" osteo treatments, and some professional bias due to the reported historic incidence rates of women vice men. Most of the published hormonal solutions are strictly for women. Many orthopedists still make varying fallacious presumptions: a) that men (even over 55 YO) are not at significant risk; b) rib and toe fractures don't count; and/or c) that men's heredity is not a significant risk source. Another big fallacy of several medical specialists and "GPs" is that coupling two medicines with same side-effect does not shorten the tolerance period for the combined application before the risk of the side-effect is significant (e.g. atrophy due to a proton pump inhibitor added to a steroid). This short-coming seems due to the structure and responsibility of our drug regulatory legal framework: the FDA apparently relies on data from distinct but separated drug manufacturers with limited focus on combined or "off-label" applications. Best wishes with all your osteo concerns.

While I was having a reblast infusion for osteopenia I read this book. Good information and I will be

following it. I am doing part of it anyway just need to add some things. When the infusion was done they said, "see you next year". In my mind I said, "doubtful" I am fixing this the natural healthy way without the negative side effects. Do you research before you start any kind of Osteopenia or Osteoporosis therapy. Or anything else for that matter. Thanks for having what I needed when I needed it!

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