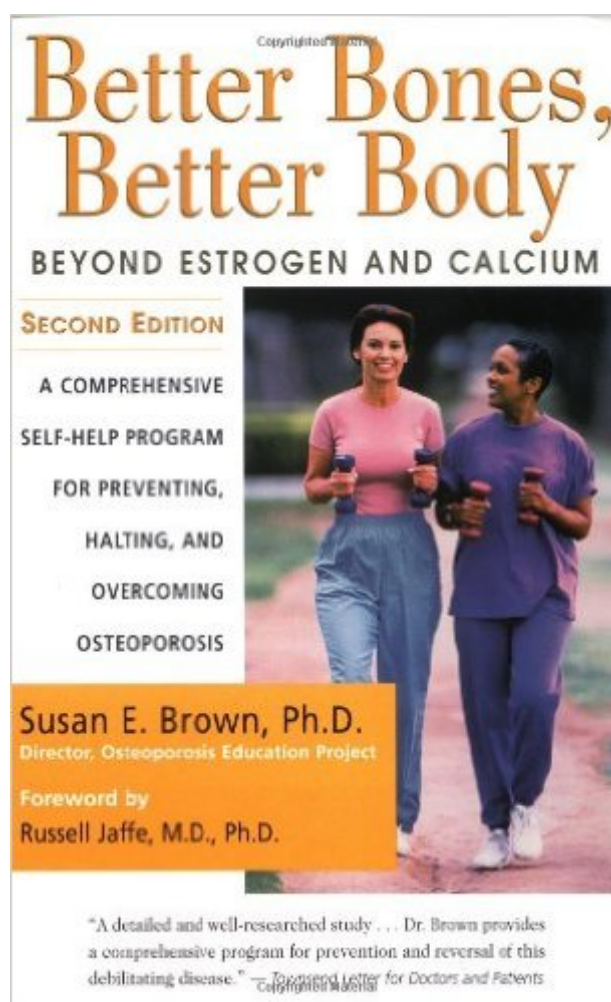


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# Better Bones, Better Body : Beyond Estrogen And Calcium



## Synopsis

Challenging traditional assumptions that estrogen and calcium deficiencies are the only causes of osteoporosis, this book explores the disorder from a wider perspective that includes lifestyle and exercise. This newly revised second edition features a personal osteoporosis risk assessment questionnaire and a step-by-step program for strengthening bones and improving overall health and well-being.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (43 customer reviews)

Best Sellers Rank: #55,464 in Books (See Top 100 in Books) #11 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis](#) #40 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #233 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

Dr. Susan Brown is an anthropologist who notes dietary and lifestyle differences in Western countries, which exhibit widespread osteoporosis, and Asian countries, where this disease and various problems (including menopausal discomforts) seem rare. She emphasizes that osteoporosis is not a normal aging process nor a strictly female malady. She explains that the building and breakdown of bone is a continual process intimately related to many body processes. She lucidly details the mechanisms of this "bone remodeling." She discusses risk factors for osteoporosis: heredity, body type, sedentary lifestyle, SAD (Standard American Diet), endocrine imbalances, and hormonal disturbances (abetted by tubal ligation, hysterectomy, ovariectomy). Brown notes early signs of trouble in small items like weak fingernails, irregular periods, excessive plaque formation, leg cramps at night, lower back pain. She advocates various modalities to reverse osteoporosis by whole body approaches involving maximizing nutrient intake, strengthening the digestive system, and developing an alkaline diet. She cites specific studies on progesterone (Dr. John Lee) and

nutritional supplements (Dr. Guy Abraham) and exercise (Dr. Dalsky). This book is clear enough for the layman with ample references for the professional. The book gives you insight to what is happening inside your body and how you can take steps to stop or reverse osteoporosis. Dr. Brown's "whole body balance" approach will have you stepping out, enjoying veggies, and learning about soy and progesterone on the way to stronger bones.

I purchased this book because five doctors, one who was a Bone Specialist in a revered Boston hospital, first told me my osteoporosis was arthritis, and when I (not them) insisted on a bone scan, the diagnosis changed, and they told me, "learn to live with it. Look how old you are," followed by a kind smile, pat on the forearm, and prescription for Fosamax, which is a drug that should not be taken with your eyes closed. Your bone density will remain the same, but the drug always leads to more brittle bones and it blocks your body's ability to rebuild bone 100%. Within two and a half weeks, the drug gave me shocking side effects, and I was told, "that can't be from Fosamax," an answer that was condescending, cavalier, and WRONG. I was in my late fifties, unable to walk without painful limping, or remain upright more than four hours at a time. Desperate, I surfed the internet for information, and found many sources, including this miracle book. I discovered that my myriad symptoms were all bone related (headaches, gall stones, kidney stones, leg cramps, joint pain, bone pain, etc.) and not one of those doctors knew it, or at least did not acknowledge the condition. My diet was always healthy, but now it is mega bone healthy, which includes foods I never would have guessed (a tiny example: yams, watermelon - yes. Cheese - not necessarily.) That along with changing when I eat (suggested in the book) and acupuncture for bone pain, has restored my vitality, and allowed me to reclaim a productive future. Amen.

Coming from a family with lots of osteoporosis, I stumbled on this book and WOW is it different from the usual story. The usual story goes like this: "you're getting older, you're in menopause, that means you're bound to lose bone, you can either accept it and stop doing all the fun stuff that could break your bones (like riding horses, which is my life) or take this pill (Fosamax, Boniva, Actonel, or whatever the newest bisphosphonate drug is) and accept that you might have crappy side effects--it's just the way it has to be." Well, it's NOT the way it has to be and Dr. Brown's recommendations prove it--this book just makes so much SENSE, when the usual story doesn't! Not only do her suggestions help bone health, but when I started to make them I found exactly what she said would happen--a lot of niggling little problems like joint pain and digestive upset cleared right up. I also found Dr. Brown's terrific web site, [...] which addresses similar topics but includes things

like healing fractures and doing fracture risk assessment. I hope that if this book comes up for revision again soon, she'll include some of that in the book as well (it's 9 years old now so perhaps that will happen soon). I'm only 43 and have seen enough of my relatives suffer with broken bones, not to mention my grandfather dying from a hip fracture, and it's not going to happen to me. Following Dr. Brown's advice, I'm going to keep riding my horses till I'm 90 at this rate. Thank you Dr Brown for this book and web site.

I felt pretty "down" after receiving a diagnosis of osteoporosis. After reading this book from cover to cover I realize all the things I should have been doing--and not doing. I liked the clear explanations about supplements, alkaline diet, and weight bearing exercise. I'm following the directions, and I'm full of hope. Also I'm ordering four more copies to give to my daughters and daughters-in-law. I want them to avoid that dreaded diagnosis. KCT. Florida

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