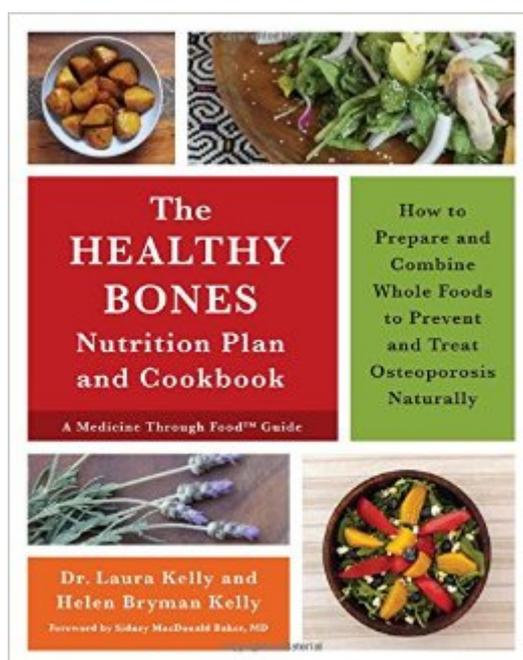


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# The Healthy Bones Nutrition Plan And Cookbook: How To Prepare And Combine Whole Foods To Prevent And Treat Osteoporosis Naturally



## Synopsis

A Medicine Through Food, a 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 completely—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 mushrooms—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

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## Customer Reviews

I love this book because it was created with a purpose to save loved ones from a crippling affliction. 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.

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