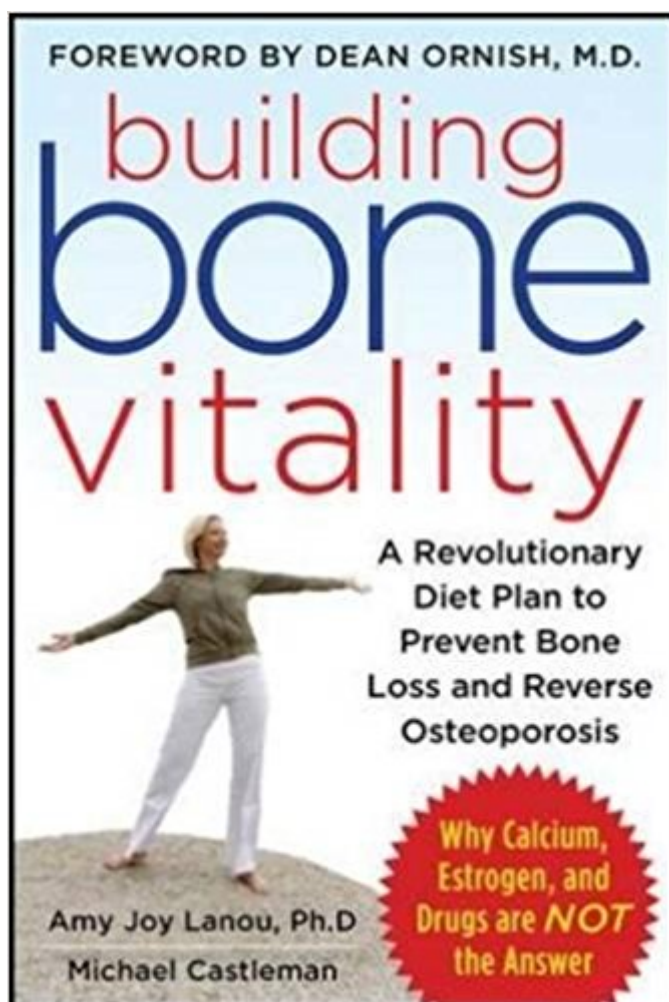


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# Building Bone Vitality: A Revolutionary Diet Plan To Prevent Bone Loss And Reverse Osteoporosis--Without Dairy Foods, Calcium, Estrogen, Or Drugs





## 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

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## Customer Reviews

Amy Joy Lanou, Ph.D., is an assistant professor of health and wellness at the University of North Carolina. She is the author of *Healthy Eating for Life for Children* and has appeared in *Time* and *Newsweek* and on National Public Radio. Michael Castleman has been called "one of nation's top health writers" by *Library Journal*. He is the author of more than a dozen books, including *The Healing Herbs* and *Before You Call the Doctor*, and his science

journalism has been nominated twice for the National Magazine Awards.

I have read a number of books on osteoporosis and this is the best I have found. It is clearly written, summarizes the research very well, and gives clear suggestions about the role of diet and exercise in treating osteoporosis.

Good introduction to the topic of bone density...with in-depth review of current research and recommendations.

This book has excellent documentation included. It has a simple 3 step plan to implement the diet. The recipe section is limited.

Every one with osteoporosis or osteopenia should read this. This book looks at stunning statistics on countries that have low rates of hip fractures and looks at why -- their diets are different from ours. It gives us a real understanding of how calcium is pulled out of our bones when we eat a high protein diet with foods that produce an acid environment in the blood.

good read

This is a health book ... not a novel. Maybe over-stated but essentially seems truthful. People should be aware of the message here and then they can judge how they plan their diets.

Excellent information for people with osteoporosis!

This book changed the way I eat. There really is no characters in this book. This book has some very important information about having good bones.

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