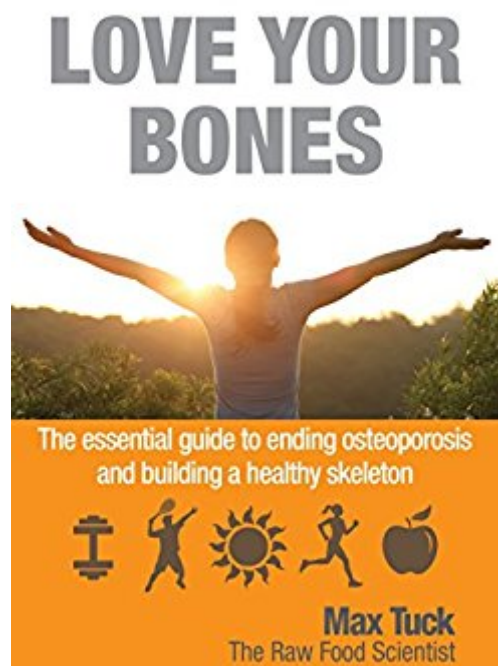




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Love Your Bones: The Essential Guiding To Ending Osteoporosis And Building A Healthy Skeleton



Synopsis

Millions of women and increasing numbers of men worldwide are suffering the pain and debility associated with osteoporosis. For the 1 in 3 women over age 65 already affected by the disease, the cost in both financial and personal terms is astronomical. In this thought-provoking book, Max Tuck not only suggests that we can prevent bone loss, but also puts forward a detailed guide, including essential specific exercises, for rebuilding bone density. Based on proven science, the latest technological developments and a passion for nutritious food, Max's comprehensive action plan will enable you not just to slash your fracture risk, but also to improve your health even into advanced age. With an easy to follow and entertaining writing style, she provides new hope and inspiration for a stronger and more vibrant future.

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Customer Reviews

Love Your Bones is a truly remarkable book. Like no other author, Max Tuck has the ability to explain the science behind a topic, in this case bone health, in an easy to understand and highly readable way. You will find information in this book that you simply won't find elsewhere,

unless you prepared to read through the scientific literature yourself. It's obvious that Max has spent many years researching the topic, and I regard her as an expert in this field. In this book Max takes you through all of the aspects that contribute to bone health, including diet, supplements, exercise, vitamins, minerals, acid/alkaline, hormones, mental outlook, and much more. The amount of valuable information in this book is remarkable. Max also explains the conventional treatments, what to avoid, the side effects of prescribed drugs, how bone strength is measured – including a new and exciting technology that you will not have heard of before. All of the factors that contribute to bone loss are also explored - Max leaves no stone unturned. If you want to prevent or reverse osteoporosis follow the advice in this book. This book also explores the vast amount of misinformation that is out there on topics such as calcium, dairy, meat, and the prescribed drugs used to treat osteoporosis. Max obviously has a deep appreciation of the complexity of the human body, and she exposes the mainstream stance on osteoporosis for what it is, overly simplistic and short sighted. There is so much conflicting information out there that it's often hard to know who to trust, well, you can trust this book. Max explains everything in great detail and with great clarity. This book is for everyone, no matter where you are with your current diet and lifestyle. It has been written in such a way that it is readable and understandable by anyone, indeed, it is a pleasure to read. This book gives many ways to upgrade your diet and lifestyle, and more importantly, Max explains exactly why these changes work on a cellular level. I would go as far as to say that if you follow all of Max's advice, you will never need to think about osteoporosis again. Time and again in this book, Max reminds us that the answer is always holistic. There is no one thing that is the answer on its own, but always a combination of upgrades to diet and lifestyle with everything working in synergy. If you follow the advice in this book you will not only eliminate any problems with your bones, but you will be fitter and healthier in every respect.

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