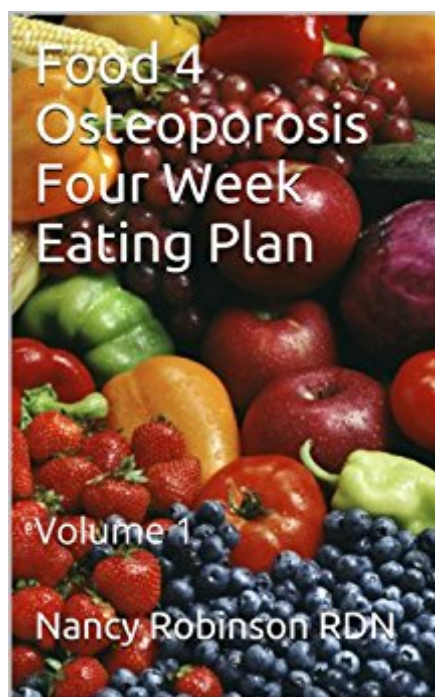


The book was found

Food 4 Osteoporosis Four Week Eating Plan Volume 1



Synopsis

Fight Osteoporosis with Food by following an Eating Plan specifically designed to support strong bones and a decreased risk of fractures. The "Food 4 Osteoporosis Four week Eating Plan Volume 1" was written by a Dietitian fighting off Osteoporosis who found the wealth of, often conflicting, recommendations related to Osteoporosis and Nutrition overwhelming and confusing. In her efforts to determine the best way to deal with her own Osteoporosis she spent considerable time and effort reviewing the Osteoporosis research and applying her nutrition training and experience to develop what she believes, based on available research at this time, is the best nutritional approach to maintaining strong bones and avoiding bone fractures. "The Food 4 Osteoporosis Eating Plan Volume 1" provides four weeks of simple, easy to follow daily menus and recipes. Each daily menu contains 1200 mg. of Calcium from food so you can get your Calcium from your diet and not have to worry about the risks of taking Calcium supplements. While calcium and regular exercise is key to avoiding Osteoporosis and bone fractures, fighting Osteoporosis nutritionally is about more than just getting enough Calcium and exercise. An adequate intake of multiple bone building nutrients from a variety of healthy foods and adequate protein but not too much animal protein is also crucial. The Eating Plan makes sure you get the right amount of protein and a variety of other bone building nutrients. The Plan includes all the alkaline foods you need to balance out high acid foods in the diet, which may be a risk factor for Osteoporosis. The Plan shows you how to incorporate lots of bone healthy fruits and vegetables into your diet, which research has shown to be key to fighting Osteoporosis. If you need to limit sodium and/or calories the Plan provides guidelines for keeping both sodium and calories under control. In addition to being healthy for bones the Eating Plan is also a great way to reduce your risk of developing Cancer, Diabetes, Heart Disease and Alzheimer's. The author has taught a variety of Cooking Classes for healthy eating and enjoys finding creative ways to combine delicious food with good nutrition that also builds strong bones. Twenty percent of the income from Food 4 Osteoporosis is donated to "The Hunger Project" to support their efforts to end hunger and extreme poverty by empowering women and men to create permanent society wide solutions.

Book Information

File Size: 703 KB

Print Length: 126 pages

Publisher: Nancy Robinson, RDN; 1 edition (December 7, 2013)

Publication Date: December 7, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00H5QWTXS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #249,553 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #409

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Healthy #708

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition

Customer Reviews

Last year a dexta bone scan was ordered for me due to a loss in height (5'4" to 5'1", and later found out the nurse misread my height). I received the results of the exam via phone - and found out at age 51 I had osteoporosis. 45 seconds after receiving this diagnosis, my doctor asked what kind of medication I wanted to take. To say I was in shock was putting it mildly. The internet is a good thing, and a bad thing. There is so much information out there it can be overwhelming. After much research and reading, I decided that I would try to change my eating habits and take calcium supplements (I used the Grow Bone system). When I have my next bone scan in 2 years, if my numbers have not changed, I will try the medication. Changing your eating habits is not as easy as it sounds. Sure, eat more dark, green, leafy vegetables - but how? How do you get more calcium without drinking 3 glasses of milk a day? This book is the answer. It's a smaller book (just a little bit larger than my kindle), and it gives you 30 days of menus - for breakfast, lunch and dinner. Day 1 starts on a Monday - so your first 5 days are easier recipes (what I call brain dead recipes). In the morning, although I would like to eat a big heart healthy, osteoporosis healthy breakfast - it takes all I have to eat anything that requires much thought. The breakfasts rotate through variations of a few basics - either almond toast, some type of smoothie, a combination of the 2, oatmeal or greek yogurt and berries. The recipes have basic, easy to find ingredients, are simple to make, and taste good (I loved the blueberry/banana/kale smoothie, and who knew that almond toast would be so filling?).

[Download to continue reading...](#)

Osteoporosis: Osteoporosis Guide To Reducing Osteoporosis Pain And Symptoms Related To Osteoporosis Including Strategies For Managing Osteoporosis, Living ... Osteoporosis (Osteoporosis Prevention) Food 4 Osteoporosis Four Week Eating Plan Volume 1 Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Osteoporosis Diet: Osteoporosis Diet Guide To Preventing Osteoporosis And Improving Bone Strength By Adhering To The Osteoporosis Diet And Following The Osteoporosis Diet Nutritional Guidelines Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) Food As Medicine: Traditional Chinese Medicine-Inspired Healthy Eating Principles with Action Guide, Worksheet, and 10-Week Meal Plan to Restore Health, Beauty, and Mind Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) WEBSITE ANALYTICS: Week #6 of the 26-Week Digital Marketing Plan [Edition 3.0] Organize Now! Think and Live Clutter Free: A Week-by-Week Action Plan for a Happier, Healthier Life The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs The Osteoporosis Diet: A Complete Diet Guide for People with Osteoporosis (Causes, Diet, Nutrition, Supplements, Exercises and Other Remedial Measures) Reverse Osteoporosis in 30 Days: Osteoporosis Reversal in 30 Days: Rehabilitation for Long-Term Health Osteoporosis: How to Effectively Control and Manage Osteoporosis to Rid It From Your Life Forever 100 Exotic Food Recipes (Puerto Rican Food Recipes,Picnic Food RecipesCaribbean Food Recipes,Food Processor Recipes,) Digestive Health Now: The Four Week Plan to Heal Heartburn, Ulcers, Colitis, IBS and More