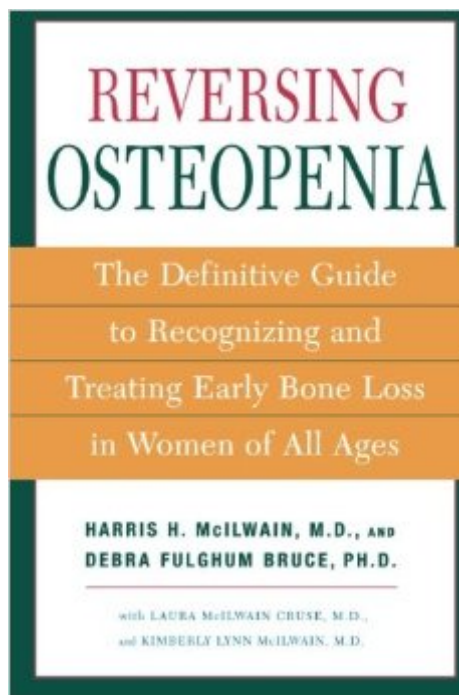


The book was found

Reversing Osteopenia: The Definitive Guide To Recognizing And Treating Early Bone Loss In Women Of All Ages



Synopsis

For the eighteen million American women afflicted with early bone-loss disease, here is the first comprehensive guide to identifying and controlling the condition before it progresses to osteoporosis. Osteoporosis, which afflicts more than half of all American women over the age of fifty, is a widespread and all-too-familiar problem. Osteopenia, a milder bone-loss disease that is the forerunner of osteoporosis, is less well known but affects an estimated eighteen million young and middle-aged women-including women in their late teens and early twenties. Since many doctors associate low bone density exclusively with postmenopausal women, millions of women in their childbearing years suffer from undetected bone loss, putting them at risk for debilitating fractures down the road. In *Reversing Osteopenia*, Dr. Harris H. McIlwain and his two daughters, also rheumatologists, fill the knowledge gap about this easily diagnosable disease, help younger women recognize the risk factors for bone loss, and provide a five-step program for controlling and even preventing bone loss. Their age-specific recommendations for women in their twenties, thirties, forties, and fifties include - exercises that strengthen rather than threaten your bones - new information about foods that build bone density - ways to avoid medicines that rob bones of their strength - recommendations of natural dietary supplements. This groundbreaking book offers new hope for young women at risk for osteopenia.

Book Information

Paperback: 240 pages

Publisher: Holt Paperbacks; First Edition edition (October 1, 2004)

Language: English

ISBN-10: 0805076220

ISBN-13: 978-0805076226

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15.7 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (21 customer reviews)

Best Sellers Rank: #423,450 in Books (See Top 100 in Books) #43 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis](#) #194 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #1294 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

Customer Reviews

This book did not come close to my expectations. It is unnecessarily repetitive about the most basic

information. Once I've been told that smoking is a risk factor for loss of bone density, just how many case histories of patients do I need to read where the expert medical advice is Surprise, Surprise!! Quit smoking. There's a lot of "filler" material in this book, but then information that the reader needs is left out. We're told to get more Calcium, Vitamin D and Potassium in our diet, but the recipes in Chapter 7 don't even include nutrition information for these nutrients. And many of the recipes are high in fat, which isn't good for anyone. We're told about the importance of weight-bearing exercise, but none of the exercises shown uses weights or even a resistance band. I wanted practical advice on diet and especially exercise and don't feel that this book delivered.

I have read a few of Dr. McIlwain's books over the years and have found them all to be so informative. I bought this book after my mom was diagnosed with osteoporosis so that I could learn about preventing it for myself. It is so easy to read and explained everything I needed to know in great detail. My bone density has improved after taking his suggestions!

I had never even heard the term osteopenia until my doctor informed me I had it. I immediately purchased this book, received it, and read it cover to cover. I then felt I knew a great deal on the condition.

Understandable, practical information including diet, exercise, medications, dietary supplements and recipes. A clearly written bible for bone care. I highly recommend this excellent guide for anyone with questions on bone loss and bone care.

If you have osteopenia, read this book with a healthy dose of skepticism. Osteopenia is NOT osteoporosis, although it could lead to that. Many of the patients cited in the book have been prescribed osteoporosis drugs, even though they don't actually have full-blown osteoporosis. Readers need to take into consideration that the author, Dr. Harris McIlwain, is on the clinical faculties for 16 different drug companies, a fact made part of his bio on another book. Some of these drugs are very expensive and can have serious side effects.

This book is a must read for all mom's and for women that want to prevent osteopenia and osteoporosis. The book walks you through the steps of preventing a disease that many assume just happens. I have completely changed our diet. Easy to follow and good information.

Its not as described,I was waiting for more natural treatments ,but the book always refer to prescribed medications as treatment.

i bought this book upon learning that I had osteopenia and found it to be a helpful resource. It helped me to change my lifestyle in hopes of ridding myself of osteopenia. I highly recommend it!

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

Reversing Osteopenia: The Definitive Guide to Recognizing and Treating Early Bone Loss in Women of All Ages Bone Broth: Healthy Benefits of Bone Broth, Enjoy a Healthy Diet, Lose Weight, and Fight Aging (Bone Broth,Bone Broth Diet,Bone Broth Miracle,Bone Broth ... is bone broth,bone broth fast)) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Bone Broth Power: Lose Weight, Improve Your Health, And Reverse Aging (Bone Broth, Bone Broth Diet, Bone Broth Miracle Book 1) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Bone Health: Osteoporosis and Osteopenia Solutions The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Sollutions) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) HTML & XHTML: The Definitive Guide: The Definitive Guide (Definitive Guides) Hair Loss and the Big Pharma - The Ultimate Guide on Avoiding Frauds, Disinformation and Bad Medicine (Hair Loss Cure, Hair Loss Nutrition, Hair Loss Solutions, Hair Loss Alopecia, Alopecia Areata) The Sound of Hope: Recognizing, Coping with, and Treating Your Child's Auditory Processing Disorder Diabetes: Type 2 Diabetes: 30 Natural Methods for Preventing & Reversing Diabetes. Your Guide to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox) Building Bone Vitality: A Revolutionary Diet Plan to Prevent Bone Loss and Reverse Osteoporosis--Without Dairy Foods, Calcium, Estrogen, or Drugs Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure,

Hair Loss For Men, Hair Regrowth, Self Help) Dr. Neal Barnard's Program for Reversing Diabetes:
The Scientifically Proven System for Reversing Diabetes Without Drugs The Everything Guide to
Managing and Reversing Pre-Diabetes: Your Complete Guide to Treating Pre-Diabetes Symptoms
The Everything Guide to Managing and Reversing Pre-Diabetes: Your Complete Guide to Treating
Pre-Diabetes Symptoms (Everything®) 7 Secrets to Prevent or REVERSE Osteoporosis and
Osteopenia

[Dmca](#)