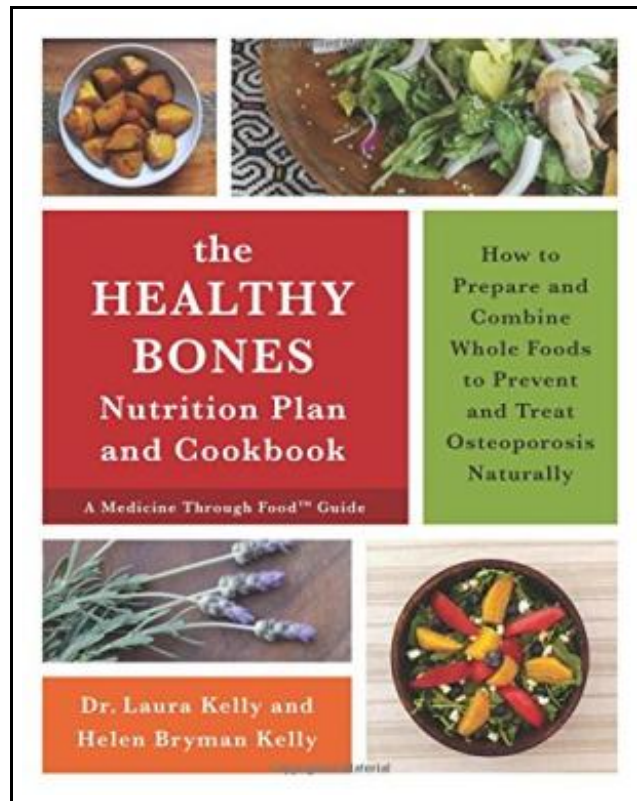


## The Keep Your Bones Healthy Cookbook: A Nutrition Plan for Preventing and Treating Osteoporosis Naturally (Paperback)



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Chelsea Green Publishing Co, United States, 2016. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book. 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. More than 60 percent of American women take calcium supplements (for which they paid \$180 million last year), and the 2014 osteoporosis-related fracture-treatment bill was approximately \$19 billion. It s a grim picture, but The Keep Your Bones Healthy Cookbook can help. Coauthors Dr. Laura Kelly and Helen Kelly have a firm grasp on the disciplines concerned with bone health, and they show readers a natural, effective, and safe approach to conserve bone mass and build healthy bones by eating the right foods in the right combinations. Helen and Laura are mother and daughter. When Helen Kelly was diagnosed with osteoporosis, Laura dug into the research on bone metabolism and digestion. She created a unique diet-based approach to building bone health that emphasizes the importance of choosing, preparing, and combining foods properly so that the body can absorb the nutrients they contain. Helen has been following the plan for two years and has stopped her bone loss completely without taking any pharmaceuticals. The book begins with a primer on bone metabolism and the many factors that can help build strong bones or lead to bone loss. Laura Kelly helps readers understand the roles of individual vitamins, minerals, and enzymes in bone metabolism, providing a framework so readers can work with their doctors to create personalized plans for skeletal health. The book includes more than 100 bone health recipes ranging from sauces and small plates to soups, salads, and main dishes, plus...



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