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The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs

Dr. Raymond Hinish

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The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs Dr. Raymond Hinish
Are you looking for a natural approach to osteoporosis treatment?

The Osteoporosis Diet was written for those who are looking for a non-drug approach to prevent and treat osteoporosis or osteopenia.

If you're looking for a way to enjoy osteoporosis protection for life, without the need to resort to potentially toxic drugs such as: Fosamax, Boniva, Reclast, and other newer and equally toxic drugs, then The Osteoporosis Diet is the solution.

In the book you'll learn:

1. The form of calcium you will NEVER want to take. Hint: Odds are you take it right now and your doctor probably recommended it! Choose the right calcium, get strong bones. Choose the wrong calcium, lose your skeleton.

2. What it takes to make major increases in your bone density! How to increase your bone density by 11% or more in just 2 years!

3. Never be confused about the different forms of calcium ever again. You will learn the types of calcium that will give you the BEST bang for your buck.

4. How to avoid Doctor Induced Bone Loss. Why most doctors miss the mark on treating osteoporosis and how they may actually be responsible for MORE fractures in the coming future. Ignore this advice at your own peril.

5. Why most people should dump their osteoporosis medications down the toilet. Stop wasting your money on medications that just don’t work and may do more harm than good.

6. Why milk should be AVOIDED if you want to keep your bones healthy! Is milk really just food for cows, not for humans? I’ll give you a hint…NO!

7. Choose the right calcium to actually grow new bones! Find out which form of calcium is the only form proven to increase bone density by itself.

8. Which mineral may be even more important than calcium. That’s right, calcium is a player in the bone building process but this mineral may prove to be the headliner! Without it, all of your efforts could be for nothing!

9. Avoid this BONE CHILLING side effect! Learn about a disgusting side effect of Fosamax and other

osteoporosis medications that is now being called Fossy-Bone.

10. Why your bone density test may not be an accurate predictor of fracture risk. Also, learn one simple step to make these tests more accurate! You simply MUST follow this one tip if you want accurate bone density results.

11. The new, IMPROVED formula for diagnosing true osteoporosis and your ACTUAL fracture risk. The simplicity of this formula will blow your mind!

12. Learn how accurate the grocery store osteoporosis screenings are and what to do with the results.

13. If you do choose to take Fosamax or one of its relatives, follow these instructions to get the most benefit and the least side effect!

and much, much more!

In addition to the osteoporosis diet, we also cover osteoporosis supplements and osteoporosis and exercise!

The Osteoporosis Diet is a offers osteoporosis protection for life!

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Frank Johnson:

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Carl Johnson:

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