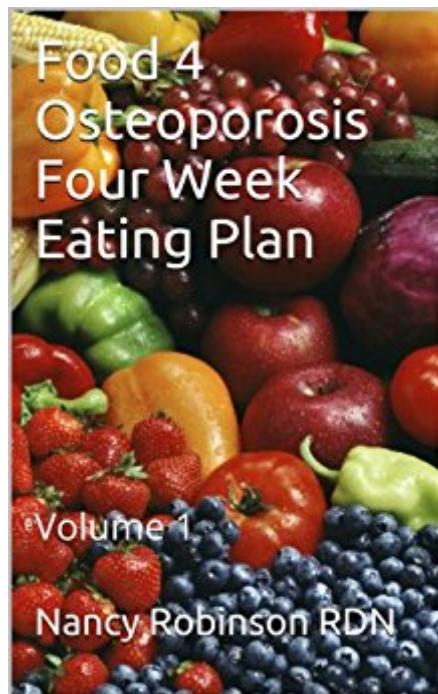


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# Food 4 Osteoporosis Four Week Eating Plan Volume 1



## **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**

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## Customer Reviews

Last year a dexa 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?).

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