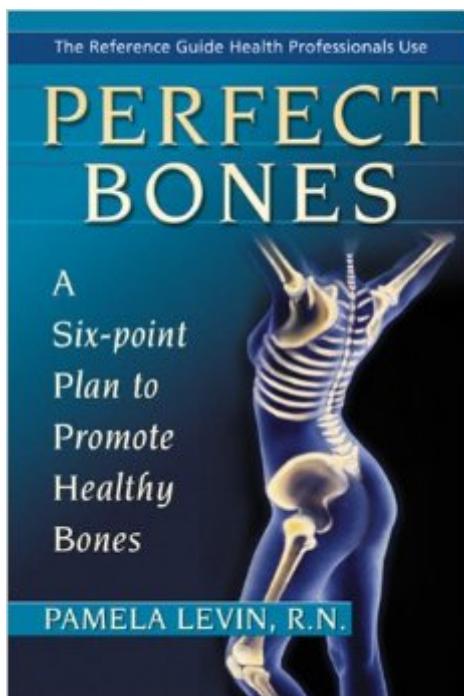


The book was found

Perfect Bones : A Six-Point Plan To Promote Healthy Bones



Synopsis

Presents an easy to understand six-part plan that harnesses the incredible healing power of clinical nutrition to promote healthy bones. Based on the premise that every person can achieve the nutritional balance which is at the core not only of healthy bones but of all health. Written by an author who used this groundbreaking new method to recover her own bone health.

Book Information

Paperback: 304 pages

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Product Dimensions: 8.9 x 6.1 x 0.9 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 5.0 out of 5 starsÂ [See all reviewsÂ \(2 customer reviews\)](#)

Best Sellers Rank: #1,933,378 in Books (See Top 100 in Books) #151 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #749 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #9217 inÂ Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

Pam Levin has done it again. She has produced a book which has very clear relevance to the human condition of becoming healthy and staying healthy. While her other books were about self-care and nourishing the developmental perspectives of life, this one is about nutrition and nourishing this body - our physical aspect. In a clear, cogent and well researched and well scripted fifteen chapters, Pam outlines the causes of osteoporosis and the cure. She points out the statistics that in the next 60 years (listen up you x generation and boomers) we will have over 135 million people suffering with this debilitating disease. The fact that osteoporosis (sick bone disease) is probably a cause of heart disease, and therefore contributes to the top two killers (heart disease and cancer), is startling. This is a serious disease which is thought to have a pediatric onset. It is not too late to pay attention to good nutrition and to the way in which we use synthetic supplements. Many of the synthetic supplements may be poorly absorbed because their synthetic nature is not compatible with the body's needs. Pam, with the help of case studies, including her own frightening encounter with back and hip problems and devastating pain which kept her bedridden, outlines a six

point program to restore the nutritional balance and feed our sick bones appropriately. The book gives the most cogent and coherent discussion of nutrition, food sources and nutritional supplements for healing and recovering from osteoporosis that I have ever read. Yes, osteoporosis is not irreversible! Perfect Bones includes a list of 84 signs for this "silent" disease. The book gives a review of medical options and their side effects. It provides interviews with leading experts on bone health.

Pam Levin has done it once more. She has produced a book which has very clear relevance to the human condition of becoming healthy and staying healthy. This book is about nourishing the body. In a clear, cogent, well researched and well scripted fifteen chapters, Pam outlines the causes of osteoporosis and the cure. She points out the statistics that in the next 60 years the US will have over 135 million people suffering with this debilitating disease. The fact that osteoporosis (sick bone disease) is probably a cause of heart disease, and therefore contributes to the top two killers (heart disease and cancer) is startling. This is a serious disease which is thought to have pediatric onset. It is not too late to pay attention to good nutrition and to the unhealthy foods and inadequate supplements we use. Many of the foods we eat and drink are toxic, and the synthetic supplements may be poorly absorbed because their synthetic nature is not compatible with the body's needs. The phosphates in carbonated drinks leaches calcium from the bones. With the help of case studies including her own frightening encounter with back and hip problems and devastating pain which kept her bedridden, she outlines a six point program to restore nutritional balance and feed our sick bones appropriately. The book gives the most cogent and coherent discussion of nutrition, food sources and nutritional supplements for healing and recovering from osteoporosis that I have ever read. Yes, osteoporosis is not irreversible! PERFECT BONES includes a list of 84 signs for this "silent" disease. The book gives a review of medical options and their side effects. It provides interviews with leading experts on bone health. It lists over 100 whole-food concentrates available the market place.

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