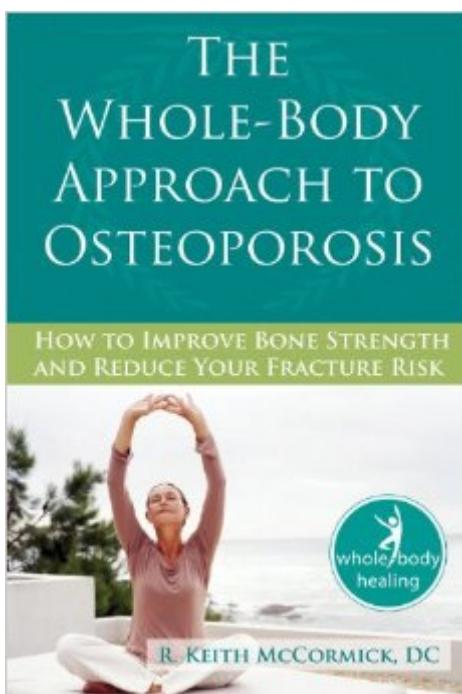


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# The Whole-Body Approach To Osteoporosis: How To Improve Bone Strength And Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series)



## Synopsis

No pill will cure you of osteoporosis. While medication can sometimes help, it won't fully address the underlying causes of your osteoporosis or osteopenia. To restore bone health, you'll need a targeted program combining the best bone-building strategies from traditional and holistic medicine. The Whole-Body Approach to Osteoporosis distills these complex strategies into a whole-body plan you can begin today to dramatically improve your bone strength and overall vitality. This comprehensive guide includes information on: What to eat for stronger bones Choosing bone-building supplements and osteoporosis medications Foods and medications that may be contributing to bone loss Signs and symptoms that can help you monitor your bone health How lab tests can help you personalize your plan

## Book Information

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## Customer Reviews

Finally! A clear and comprehensive overview of the real contributing causes of osteoporosis, and what you need to do to overcome it. It is always refreshing to see health guidance that is truly holistic, and written with intelligence and integrity. Keith McCormick, a chiropractic physician specializing in bone fragility management, distills the complex and interactive lifestyle, nutritional and environmental factors involved in osteoporosis and osteopenia, its precursor. He clearly explains the biochemistry involved, and offers bone-building strategies that can dramatically reverse the condition with a combination of corrective nutrition, supplementation and appropriate exercise.

Dr McCormick provides an informative, instructional approach to natural ways to treat osteoporosis that can be used in addition to or in place of traditional osteoporosis therapy. Unlike many books on alternative therapies, McCormick encourages the reader to work with his/her doctor. By considering a patient's Dexascan, blood/urine test results and physical symptoms, the book allows the reader to assemble a program of medicine and nutrition to heal and strengthen bones through various complementary methods. The book is presented as a balanced combination of case studies, explanations and instructions for the reader. I highly recommend this for anyone looking to take control and treat their osteoporosis with more than the usual bisphosphonates.

I have been a patient of Dr. McCormick's for over 20 years, and I would put my life in his hands. In recent years I have been diagnosed with Osteoporosis, and he and his book have been a godsend to me.. His book goes into detail that's understandable by the non-medical mind, but still helps people like me deal correctly with my osteoporosis, and the improvement and benefits from following his recommendations have helped me immensely. I whole-heartedly recommend this book to anyone with osteoporosis or even osteopenia, as it will help you either get better, or at least not get worse, and it explains when medicines are needed, and when they can be avoided, as they have side effects, and they don't always accomplish what we all want, which is a lowered fracture risk. I can't say enough how this book has helped me and how easy it is to read and understand and follow his proven program. Maggie Frank O'Connor Granby, MA

I was skeptical, because this book is written by a chiropractor, and it bothers me that some chiropractors give advice to patients on nutrition and supplements. I question their training and qualifications for that. Even if they have courses, are they truly adequate for them to extend their scope of practice so much? And, to me, only MDs are physicians, but this author's bio calls him that. **HOWEVER**, what won me over about this book author is that he has severe osteoporosis and has had multiple fragility fractures. Through extensive research and, sometimes, through trial and error, he's found what's helpful and what's not, to the extent that anyone can. He's also a former Olympic athlete and an Ironman triathlon athlete. **PLUS**, the info is detailed, quite specific, consistent with what I've read in books by experts that I know something about and trust, and, as far as I can tell, trustworthy and a reasonably balanced approach. I got the book from the library, but I'm going to buy a copy, so I can do more research on the nutrients, supplements, and modify what I'm taking and doing. The only thing that's essential to rebuilding and maintaining bone density but missing --

and quite surprisingly so, coming from an athlete and a chiropractor -- is a chapter about exercising and guidance about what to do and what to avoid. Maybe that's his next book.

At the beginning of the book, the author mentions that the book is meant to be read straight-through. Take that literally, because it is not structured in a way that makes it an ongoing reference. He does a great job of explaining osteoporosis and bone health in an easily understood way. There is, however, no index! There are also no charts regarding nutrients or foods, so be prepared to take notes or use a highlighter on your first read-through.

Iâ™m postmenopausal, losing bone density but not quite at osteoporosis. McCormickâ™s book is one of several I have read on the subject and by far the most valuable in understanding why one might develop osteoporosis and excellent tools in fighting it, even though the book and therefore the information is several years old. I read it as a library book and now have one of my own because I want it as a reference. What was most jaw dropping for me was how clearly McCormick explained how and why chronic inflammation, from any source, can develop and then lead to osteoporosis as well as many other chronic conditions. In other words, a book I wish all my friends would read whether or not they believe theyâ™re at risk of bone issues. Because frankly, as a result of their lifestyles they probably are. Lowering bone density is something you want to catch early, and what helps your bones probably helps you in many other ways too. Avoiding fractures isnâ™t just about preserving bone density, which is a measure of bone quantity and doesnâ™t say much about quality which is at least as important and an area that might be more productive to work on than trying to increase bone density. A benchmark for me in books like this is whether the author understands the role of Vitamin K2. McCormick basically does which greatly increases his credibility in my opinion as to nutritional recommendations. He gives the basics on exercise but youâ™ll need to explore elsewhere for specifics.

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