



The Bone Density Diet: 6 Weeks to a Strong Body and Mind

Dr. George Kessler, Col. Leen Kapklein

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It's a fact. As a woman, you are at risk for developing osteoporosis, osteomalacia, and related diseases as you grow older. What you ate as a young woman and what you eat now, and how often you exercise and the kind of exercise you do, can contribute to these conditions appearing later in life. Are you getting enough calcium from milk and other dairy foods? Should you stop drinking coffee and soda? How much calcium should you take every day, and when? Should you start hormone replacement therapies to protect against osteoporosis? The advice you get on these and other vital questions is confusing and often conflicting. How do you separate the fact from the fiction? The answer is in your hands. The Bone Density Diet cuts through the noise of contradictions, information, myths, and outdated assumptions to give you the first complete, scientifically sound, preventive, and restorative program for sturdy, resilient bones--guaranteed to make you feel younger, healthier, and more vital.

It's never too early or too late to start The Bone Density Diet. Whether you are in your teens or passing through menopause, you can start now and experience immediate results. Even if your bones are already weakened, The Bone Density Diet will help restore their strength. If your bones are healthy, The Bone Density Diet will keep them that way. With this revolutionary preventive and healing program--featuring easy recipes, simple yet effective exercises, and a 21-day meal plan--you can rebuild your bones and your health while discovering

- How to evaluate your own bone density through a quick questionnaire
- Which foods are best for your bones--and which to avoid
- How you can increase your bone metabolism by 25 percent in only one year
- Whether you should throw away your calcium supplements or use a different kind
- Why age is not the most important factor in bone density and osteoporosis
- Why yoga, tai chi, and qigong are the best kind of exercise
- Whether hormone replacement therapies are right for you
- Why coffee is better for you than soda
- How memory and energy levels increase as your body heals and becomes stronger

A thoroughly researched, bold new way to achieve optimal wellness, The Bone Density Diet is for any woman who wants to stay strong, fit, healthy, and full of energy now and for the rest of her life.

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