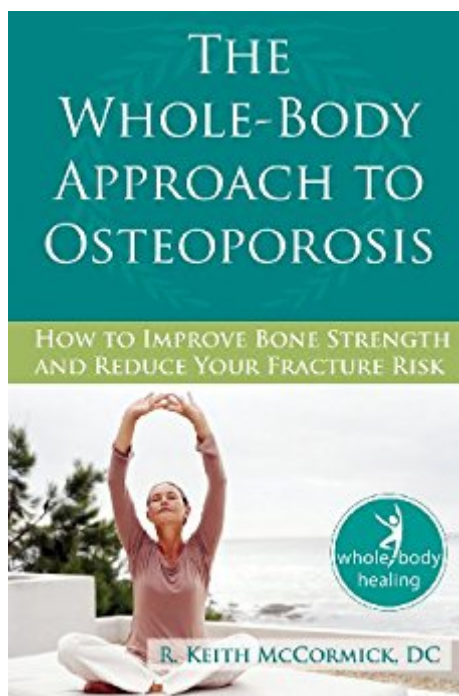




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The Whole-Body Approach To Osteoporosis: How To Improve Bone Strength And Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series)



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

A book that results from a personal experience is very enriching. When the book is written by a health professional's illness experience, has no price. There is no one book that focus the

osteoporosis problem with an integral approach, where a system view is the guide. This book is unique by the method that analyzes this complex alteration of our body. The subject is complex, but the author has performed an impeccable task to transform the difficult to explain in some clear understanding. Equipped with the information and analysis of the book, we can select the best therapy for us. The use of medication is very specific and may be for short period of time, until the risk of fracture decreases, of course the whole problem as described in this book is not solved by medications only. Doctor McCormick suffered many fractures before he was diagnosed by this condition and after integrating his new and intelligent approach, he solved this complex riddle, with the same vision that share with us, diligently. This material should be read in all schools of medicine. THANK YOU VERY MUCH FOR SHARING WITH US YOUR WISE KNOWLEDGE. GREETINGS FROM BUENOS AIRES

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

Excellent book. It explains very thoroughly how one got osteoporotic bones and how to build bone density. This is one of my go-to books on what to do about this metabolic imbalance. The author's personal story is inspiring as well and should give hope to anyone with this problem.

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.

This by far is the BEST book I've ever bought on the subject matter of Osteoporosis. Thank you so much for offering it, it's a big help and I can hardly wait to finish it. Before purchasing this book I've read several articles about it and all the articles were true. If you don't have this book, buy it you won't regret it, I promise you.

It was. easy reading and had a lot of useful information in the book to help me deal with my husband's newly diagnosed osteoporosis due to long-term medication. Aren't pharmaceuticals GREAT!

Great book for those who have or want to understand osteoporosis and ways to cope.

This is a good book with lots of information in it. I have only recently started reading it but I do highly recommend it as I have already learned a lot from the book. The author is very trustworthy as he has the disease.

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