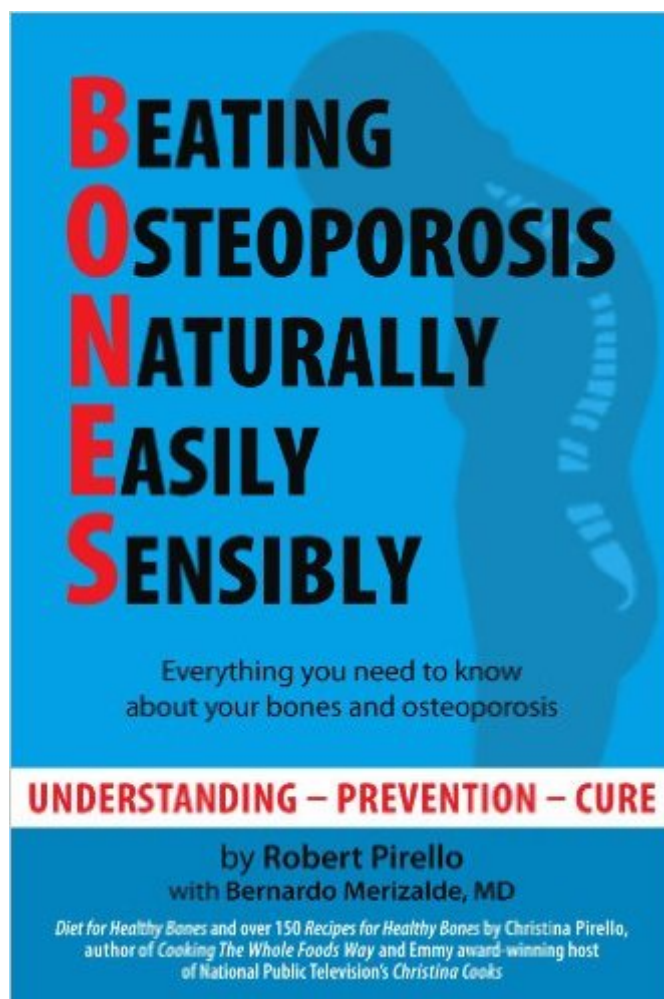


The book was found

B.O.N.E.S.: Beating Osteoporosis Naturally, Easily, Sensibly



Synopsis

I cured my osteoporosis naturally and you can, too. Osteoporosis is a woman's disease, right? That's what I thought, until I was diagnosed with this silent crippler. -Robert Pirello

With the help of Bernardo Merizalde, MD, a change in diet and without pharmaceuticals, Robert Pirello did more than arrest his osteoporosis he cured it. And now he shares his compelling story, from diagnosis to cure, from being disabled from his sport of running to finishing a marathon five years after his diagnosis as a way to celebrate his cure and return to his normal, active, athletic lifestyle. Osteoporosis is a major public health threat for more than 44 million Americans aged 50 and older. More than 10 million people in the United States already have osteoporosis, and that number is rapidly growing. Another 34 million people have low bone mass, placing them at increased risk of osteoporosis fractures, and with the rapidly aging population, these numbers will continue to increase at a staggering rate. In this tale of passion and recovery, Robert Pirello takes you on his journey and shows you how to maintain and regain healthy bones. Let Robert and Christina Pirello, with Dr. Merizalde; show you how strong bones can be yours naturally, easily, sensibly.

Book Information

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Customer Reviews

This is my new favorite book! Robert Pirello candidly shares of his devastation in discovering that, as a young man in his 40's, he had the bones of a man in his 80's. He sustained several compression fractures in his lower spine. He had been a marathon runner for many years, and also had a very healthy (or so he thought) natural foods diet. Last year, I was diagnosed with osteopenia,

and I'm so thankful to have found this book, which is a real education in preventing osteoporosis, and even healing our bones. I, for one, refuse to take bisphosphanates, which all the commercials lead us to believe is the golden remedy. The potential risks and side effects are something I personally don't want to take a take a chance on. One of the biggest changes Robert made in his diet was to add lots of beneficial fats, such as olive and avocado oils. He lists the supplements he takes for bone health, and there is one supplement he seems to credit the most for gaining back an unprecedented percentage of bone. He recommends a specific brand that he researched as truly being able to build bone density. And there are cautions with this as well (such as not taking it with grapefruit juice). He encourages everyone to work with a doctor when taking this and other supplements. Robert actually gained bone back (something my doctor told me is nearly impossible once there is a diagnosis of osteoporosis). And he is running again, even marathons! That, to me, is a miracle. This book is a testimonial well worth listening to and learning from, because this courageous man has real documented results. This is a book I knew I had to own, to refer to often. Besides having great information on bones, there are several chapters of bone-building delicious recipes~a bonus!

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