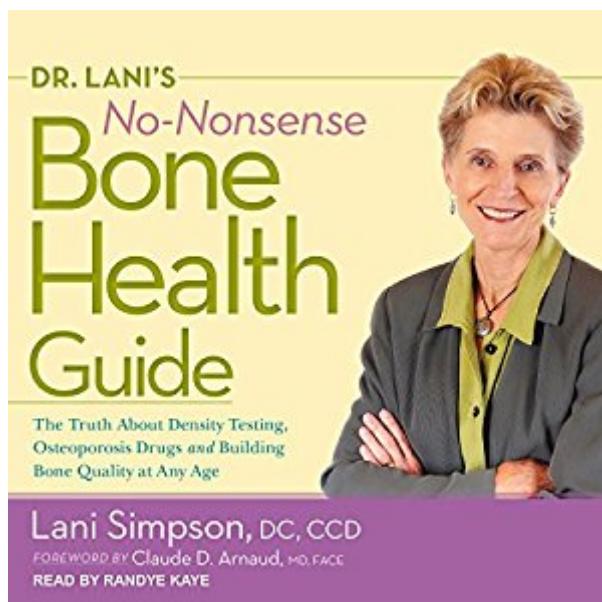


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# Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, And Building Bone Quality At Any Age



## **Synopsis**

Author Dr. Lani Simpson, both a doctor of chiropractic and a certified clinical densitometrist, cuts through the confusion and inaccuracies surrounding osteoporosis to explain her whole-body approach to bone health, which includes discussions of digestive health, diet, supplements, and exercise. You may be surprised to learn which foods and medicines hurt bone health and which ones help in building strong bones. The book also sheds light on basic bone biology, how aging affects the bones, the risks and benefits of drugs and alternative treatments, a comprehensive breakdown of calcium supplementation - and some delicious recipes for bone-building meals. We all share concerns about bone health and osteoporosis. Whether you are one of the nearly 10,000 baby boomers turning 65 every day or a younger person building a healthy body, Dr. Lani's No-Nonsense Bone Health Guide will answer your questions and help you live long, healthy, and fracture-free into your golden years.

## **Book Information**

Audible Audio Edition

Listening Length: 11 hoursÂ andÂ 5 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: August 22, 2017

Language: English

ASIN: B074WH59VQ

Best Sellers Rank: #29 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #90 inÂ Books > Medical Books > Medicine > Internal Medicine > Rheumatology #128 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

## **Customer Reviews**

This book is excellent for anyone who wants to learn about bones ! The research is so thorough, informative, well documented, and explained in a way that the average reader can understand. It also gives websites for further information and diet tips. I think everyone who is interested in bone strength - especially with osteoporosis - should study this book, especially before taking pills and medication prescribed by their doctor. Get all the facts first, then move forward. I am very thankful for this book and understand the condition of osteoporosis to a much greater extent now.

I found Dr. Simpson's No-Nonsense Bone Health Guide to be a comprehensively thorough, clear, and objective look at the science of bone health, density scans, medication treatments, and possible alternative (or additional) approaches to managing bone loss and improving bone integrity. I came to be especially grateful for this book after my most recent density scan when I was told that I had a 9% decline in my hip bone. One doctor I spoke with told me that I needed to get on medication immediately--"Time is running out."Having read Dr. Simpson's book, I knew that such a decline--especially in only one year's time--is extremely rare. So I consulted with my primary care physician and then had blood work done to ensure that there was no other underlying problem. There wasn't, and so I requested a second opinion from a certified clinical densitometrist. She assured me that an obvious error had occurred in a prior scan, seriously skewing the comparison with my most recent one. Had I not read Dr. Simpson's book (I've read numerous books on osteoporosis and Dr. Simpson's was the only one that talked in detail about how density scans are evaluated and what the numbers mean), I would not have known to question what I was told and would most likely be taking medication prematurely and very possibly unnecessarily. This book has been a godsend, and I highly recommend it.

This is a well written, extremely comprehensive, up to date book. As someone with markedly low bone density, this overview has given me a greater in depth perception of not only a more positive view point of my own disease, but opened up options available to pursue in establishing better bone health overall. It gives me the tools to be my own advocate when going to doctors, providing the knowledge that will make me an informed patient. It will help me choose a physician to team with who has adequate credentials and background and thereby treat my osteoporosis most effectively. Thank you, Dr. Lani!

This is an outstanding book on the health of our bones and on understanding and treating osteoporosis. Dr. Simpson is a chiropractor who has been trained to read dexa-scans and understand these tests. She works closely with a medical doctor. Her research and experience with patients is detailed in the book and is thorough and convincing. She experienced bone loss herself and tells her own story. Dr. Simpson says that many of the medications given to promote bone growth actually cause harm. (I have had difficulty with these same medications so was glad for the validation of this.) She also says that often dexa-scans are not accurate and gives help in how to assure you receive valid tests. I was most surprised by Dr. Lani's connecting the health of

the digestive system of the patient and the health of the bones. When the digestion is off the body does not absorb the needed nutrients especially calcium and magnesium. (I've had digestive problems and never connected this with bone loss.) Instead of giving separate medications or treatment for the bones and the digestion she believes it's essential to treat the body as a whole and understand what will help it heal. She offers a realistic plan for eating right, taking some supplements and exercising to correct the digestive issues and build stronger bones or at least stop the bone loss from progressing. This is a great reference book with much information here including pictures and diagrams. I highly recommend this book.

This book provides excellent information that visits to doctors do not provide, because of their time constraints. The author does believe in drugs for osteoporosis but only in extreme cases and only after undergoing a complete work up, rather than just relying on Dexascan results. The osteo "all stars" section was extremely helpful in providing information on which vitamins and minerals are helpful for building strong bone.

Very helpful. A practical and reasonable guide that can possibly eliminate the need for medication, helping your body correct itself or maintain some bone health through nutrition and exercise. She does state that in some cases, medicine may be necessary. But she also explains thoroughly how the various drugs work. It made me feel a lot more positive about my diagnosis!

This book is very readable and informative. Dr. Lani's advice and descriptions of bone loss and treatment is of great help in deciding what I need to do to take care of my bone health, now and in the future. This is one of the few books of this type that I am enjoying reading from cover to cover.

Well written and very comprehensive about bone health and what a woman can do to protect her own bones. Would highly recommend to any woman concerned about osteopenia/osteoporosis. Also good for men to read because they can be affected by these bone issues.

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