



Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1)

By Harmony Clearwater Grace

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You just got your bone density test back.
Your doctor wants you to take Actonel, Fosamax, Boniva, or Prolia.
You don't understand why those calcium chews didn't work for you.
You don't know why this is happening.
You did what your doctor told you to do.
You don't know what you did wrong.
There's a better way.

This is your answer.

In her new book – based on proven facts and over 200 clinical studies – Harmony reveals the special strategies for keeping your bones as strong and healthy as possible. Would a powerful bone-building supplement used by thousands in Japan get your attention? You can start using this radically different unconventional approach TODAY to strengthen your bones.

Worried that your bones are getting thin and brittle? Get the bone blueprint for strong flexibility. Bend, don't break!

Don't waste time and money spending months searching unreliable sources with contradicting data. Let Harmony sort through the fluff and confusion for you, put all the pieces together to figure out what really works, and hand you exactly what you need to know.

She makes it even easier by giving you the names and brands and even links to the exact products needed, so that you don't have to guess or search on your own for them.

You'll learn:

- Why all that calcium you took didn't work

- The most common mistake that most women are making when it comes to bone health – that also makes them more wrinkled
- Which bone-strengthening strategy unknown to the vast majority of doctors works better in peer-reviewed medical research
- Why taking your doctor's advice could disfigure you
- The 11 critical nutrients that can make (or break) your bones
- Why calcium and medication isn't your best answer and the 3 simple things to do instead
- How the medication doctors prescribe can make your bones MORE likely to break over time
- The 15 biggest mistakes you are probably making right now that are damaging your bones
- How what you are doing to try to keep healthy strong bones could actually be causing other diseases in your body
- Why your doctor probably doesn't know about this research
- Secrets of the best cutting-edge medical researchers that you need to know to prevent bone loss and fractures
- Why taking extra calcium without THIS can give you heart disease
- How to reduce your fracture risk by at least 60% with a statistical 95% confidence level, cited in a meta-analysis of randomized controlled trial (RCT) clinical studies

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Editorial Review

From the Author

If I look younger than you, it's probably because I'm taking care of my bones in a different way. And for the same reason, my arteries are probably less clogged than yours.

Little known fact: People who have stronger bones also have smoother skin.

If you won't do this for your bones, do it for your looks. That's right, bone health and skin health are in lockstep because they both need optimal collagen production.

Skin needs it to be firm and supple.

Bones need it to be strong and flexible.

With the information in this book, you can stay younger on the inside (stronger bones) AND younger on the outside (less wrinkled).

If you're really ready to reduce your wrinkles, protect your heart health, prevent fractures, and grow stronger bones, scroll up to the buy button and click now.

Users Review

From reader reviews:

Dewey Newkirk:

The book Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) make you feel enjoy for your spare time. You may use to make your capable far more increase. Book can for being your best friend when you getting pressure or having big problem with your subject. If you can make studying a book Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) to get your habit, you can get a lot more advantages, like add your capable, increase your knowledge about a number of or all subjects. You are able to know everything if you like open up and read a e-book Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1). Kinds of book are several. It means that, science guide or encyclopedia or other folks. So , how do you think about this publication?

Manuel Coury:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their free time with their family, or their own friends. Usually they doing activity like watching television, gonna beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Might be reading a book could be option to fill your no cost time/

holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the e-book untitled Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) can be very good book to read. May be it could be best activity to you.

Jesse Fox:

People live in this new day of lifestyle always aim to and must have the spare time or they will get great deal of stress from both day to day life and work. So , when we ask do people have spare time, we will say absolutely sure. People is human not really a huge robot. Then we question again, what kind of activity do you possess when the spare time coming to you of course your answer can unlimited right. Then do you try this one, reading books. It can be your alternative with spending your spare time, the book you have read is usually Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1).

Annie Hiatt:

That publication can make you to feel relax. This book Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) was bright colored and of course has pictures on the website. As we know that book Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) has many kinds or variety. Start from kids until youngsters. For example Naruto or Investigator Conan you can read and think you are the character on there. So , not at all of book usually are make you bored, any it offers you feel happy, fun and chill out. Try to choose the best book to suit your needs and try to like reading that.

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