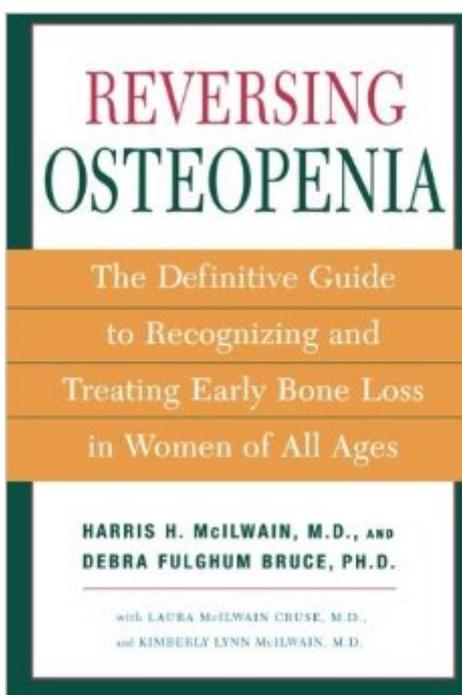


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# Reversing Osteopenia: The Definitive Guide To Recognizing And Treating Early Bone Loss In Women Of All Ages



## Synopsis

For the eighteen million American women afflicted with early bone-loss disease, here is the first comprehensive guide to identifying and controlling the condition before it progresses to osteoporosis. Osteoporosis, which afflicts more than half of all American women over the age of fifty, is a widespread and all-too-familiar problem. Osteopenia, a milder bone-loss disease that is the forerunner of osteoporosis, is less well known but affects an estimated eighteen million young and middle-aged women-including women in their late teens and early twenties. Since many doctors associate low bone density exclusively with postmenopausal women, millions of women in their childbearing years suffer from undetected bone loss, putting them at risk for debilitating fractures down the road. In *Reversing Osteopenia*, Dr. Harris H. McIlwain and his two daughters, also rheumatologists, fill the knowledge gap about this easily diagnosable disease, help younger women recognize the risk factors for bone loss, and provide a five-step program for controlling and even preventing bone loss. Their age-specific recommendations for women in their twenties, thirties, forties, and fifties include - exercises that strengthen rather than threaten your bones - new information about foods that build bone density - ways to avoid medicines that rob bones of their strength - recommendations of natural dietary supplements. This groundbreaking book offers new hope for young women at risk for osteopenia.

## Book Information

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## Customer Reviews

This book did not come close to my expectations. It is unnecessarily repetitive about the most basic

information. Once I've been told that smoking is a risk factor for loss of bone density, just how many case histories of patients do I need to read where the expert medical advice is Surprise, Surprise!! Quit smoking. There's a lot of "filler" material in this book, but then information that the reader needs is left out. We're told to get more Calcium, Vitamin D and Potassium in our diet, but the recipes in Chapter 7 don't even include nutrition information for these nutrients. And many of the recipes are high in fat, which isn't good for anyone. We're told about the importance of weight-bearing exercise, but none of the exercises shown uses weights or even a resistance band. I wanted practical advice on diet and especially exercise and don't feel that this book delivered.

I have read a few of Dr. McIlwain's books over the years and have found them all to be so informative. I bought this book after my mom was diagnosed with osteoporosis so that I could learn about preventing it for myself. It is so easy to read and explained everything I needed to know in great detail. My bone density has improved after taking his suggestions!

I had never even heard the term osteopenia until my doctor informed me I had it. I immediately purchased this book, received it, and read it cover to cover. I then felt I knew a great deal on the condition.

Understandable, practical information including diet, exercise, medications, dietary supplements and recipes. A clearly written bible for bone care. I highly recommend this excellent guide for anyone with questions on bone loss and bone care.

If you have osteopenia, read this book with a healthy dose of skepticism. Osteopenia is NOT osteoporosis, although it could lead to that. Many of the patients cited in the book have been prescribed osteoporosis drugs, even though they don't actually have full-blown osteoporosis. Readers need to take into consideration that the author, Dr. Harris McIlwain, is on the clinical faculties for 16 different drug companies, a fact made part of his bio on another book. Some of these drugs are very expensive and can have serious side effects.

This book is a must read for all mom's and for women that want to prevent osteopenia and osteoporosis. The book walks you through the steps of preventing a disease that many assume just happens. I have completely changed our diet. Easy to follow and good information.

Its not as described,I was waiting for more natural treatments ,but the book always refer to prescribed medications as treatment.

i bought this book upon learning that I had osteopenia and found it to be a helpful resource. It helped me to change my lifestyle in hopes of ridding myself of osteopenia. I highly recommend it!

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