



Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis

Miriam E. Nelson, Sarah Wernick

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"Miriam Nelson's work shatters all the crippling myths we have inherited about the inevitability of weakness, deterioration, and osteoporosis as we age." ---Christiane Northrup, M.D. author of *Women's Bodies, Women's Wisdom*

Osteoporosis develops invisibly. Starting around age thirty-five (or even earlier) women lose up to one percent of their bone mass each year. Often symptoms don't appear for decades. And then a bone breaks. Many women experience problems not obviously associated with fragile bones: chronic back pain, dowager's hump, a protruding tummy. But the cause is osteoporosis and twenty-eight million Americans are affected.

Now we know that osteoporosis afflicts women as young as twenty--and it is preventable. In this comprehensive, user-friendly book, Nelson details steps to fortify bones and avoid this debilitating disease.

Strong Women, Strong Bones features a self-test to assess risk; the most accurate bone-density tests; nutrition recommendations that go beyond calcium and vitamin D; bone-boosting workouts, with illustrated instructions; medications that offer new hope; and a special chapter for men (who develop osteoporosis, too).

Based on the latest scientific information, and including up-to-the-minute practical advice on the best nutrition, exercise, and medication, *Strong Women, Strong Bones* is the guide for the prevention and treatment of osteoporosis.

authors of *Strong Women Stay Young* and *Strong Women Stay Slim*
illustrated with line drawings

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