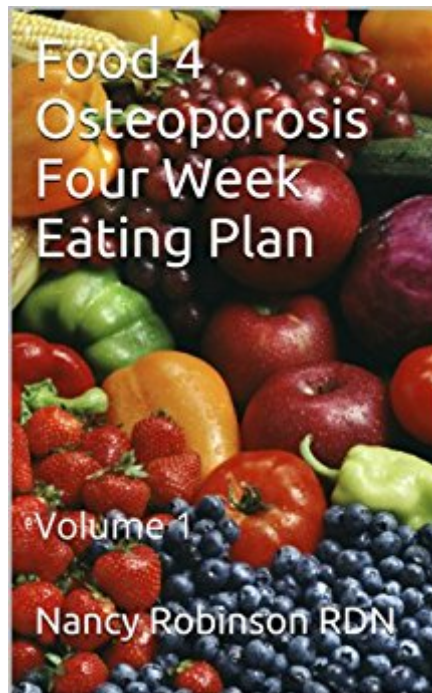




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# Food 4 Osteoporosis Four Week Eating Plan Volume 1



## Synopsis

Fight Osteoporosis with Food by following an Eating Plan specifically designed to support strong bones and a decreased risk of fractures. The "Food 4 Osteoporosis Four week Eating Plan Volume 1" was written by a Dietitian fighting off Osteoporosis who found the wealth of, often conflicting, recommendations related to Osteoporosis and Nutrition overwhelming and confusing. In her efforts to determine the best way to deal with her own Osteoporosis she spent considerable time and effort reviewing the Osteoporosis research and applying her nutrition training and experience to develop what she believes, based on available research at this time, is the best nutritional approach to maintaining strong bones and avoiding bone fractures. "The Food 4 Osteoporosis Eating Plan Volume 1" provides four weeks of simple, easy to follow daily menus and recipes. Each daily menu contains 1200 mg. of Calcium from food so you can get your Calcium from your diet and not have to worry about the risks of taking Calcium supplements. While calcium and regular exercise is key to avoiding Osteoporosis and bone fractures, fighting Osteoporosis nutritionally is about more than just getting enough Calcium and exercise. An adequate intake of multiple bone building nutrients from a variety of healthy foods and adequate protein but not too much animal protein is also crucial. The Eating Plan makes sure you get the right amount of protein and a variety of other bone building nutrients. The Plan includes all the alkaline foods you need to balance out high acid foods in the diet, which may be a risk factor for Osteoporosis. The Plan shows you how to incorporate lots of bone healthy fruits and vegetables into your diet, which research has shown to be key to fighting Osteoporosis. If you need to limit sodium and/or calories the Plan provides guidelines for keeping both sodium and calories under control. In addition to being healthy for bones the Eating Plan is also a great way to reduce your risk of developing Cancer, Diabetes, Heart Disease and Alzheimer's. The author has taught a variety of Cooking Classes for healthy eating and enjoys finding creative ways to combine delicious food with good nutrition that also builds strong bones. Twenty percent of the income from Food 4 Osteoporosis is donated to "The Hunger Project" to support their efforts to end hunger and extreme poverty by empowering women and men to create permanent society wide solutions.

## Book Information

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## Customer Reviews

Last year a dextra bone scan was ordered for me due to a loss in height (5'4" to 5'1", and later found out the nurse misread my height). I received the results of the exam via phone - and found out at age 51 I had osteoporosis. 45 seconds after receiving this diagnosis, my doctor asked what kind of medication I wanted to take. To say I was in shock was putting it mildly. The internet is a good thing, and a bad thing. There is so much information out there it can be overwhelming. After much research and reading, I decided that I would try to change my eating habits and take calcium supplements (I used the Grow Bone system). When I have my next bone scan in 2 years, if my numbers have not changed, I will try the medication. Changing your eating habits is not as easy as it sounds. Sure, eat more dark, green, leafy vegetables - but how? How do you get more calcium without drinking 3 glasses of milk a day? This book is the answer. It's a smaller book (just a little bit larger than my kindle), and it gives you 30 days of menus - for breakfast, lunch and dinner. Day 1 starts on a Monday - so your first 5 days are easier recipes (what I call brain dead recipes). In the morning, although I would like to eat a big hearty healthy, osteoporosis healthy breakfast - it takes all I have to eat anything that requires much thought. The breakfasts rotate through variations of a few basics - either almond toast, some type of smoothie, a combination of the 2, oatmeal or greek yogurt and berries. The recipes have basic, easy to find ingredients, are simple to make, and taste good (I loved the blueberry/banana/kale smoothie, and who knew that almond toast would be so filling?). The weekend recipes are a little more involved - still easy, but something a little more

substantial. Last Saturday I made the mushroom and tomato omelet listed on day 20 of the menu. It was so good, I made it for my husband the next day, and he loved it! So far I have not been following the book the way it was set up (day 1 through day 30), but in order to use up items I already have on hand, I am mixing and matching. I put the Monday-Friday breakfast recipes on index cards, so I don't have to hunt through the book in the morning. I haven't made many of the lunches yet, as the place I work provides my meals to me (NOT heart or osteoporosis healthy). The several dinners I have made I have really enjoyed. So far I have made the spinach with tomatoes and whole grain pasta (twice!), the salmon with dill, salmon with whole grain mustard, and the red lentil sweet potato soup. All were super easy to make, and quite yummy. I opted for the print version of the book over the kindle version, because I don't like browsing through recipes on a kindle. The print version was only a few dollars more, and it was printed the day after I placed my order (how cool is that?). The only thing I wish this book had was the mg of calcium per meal. That's not enough for me to knock a star off - just a wish. I have recommended this book to several friends, and would not hesitate to buy another cookbook by this author.

I had an insufficiency fracture of my tibia due to osteopenia that was not accurately diagnosed until 9 weeks after it happened, when I was directed to be non-weightbearing on crutches for the next 6 weeks. The arthritis in the joint that showed up on X-ray was impressive enough that it was thought the arthritis caused the pain. Yikes! ...and ouch...really, really ouch. So now I respect the osteopenia that was originally diagnosed 8 years ago and I was looking for some meal planning ideas. This book, Food 4 Osteoporosis Four Week Eating Plan, Volume 1 just arrived yesterday and I'm so pleased that it gives recipes for dishes that sound good and doable. I'm not an enthusiastic cook, but the recipes look easy and manageable for me to actually fix and to serve my husband as well. Also, I already have some of the ingredients in my freezer and cupboards!

This book will help you get healthy and stay healthy! Nancy Robinson is very knowledgeable about the foods that we need and I am so grateful that she has written this book for all of us! She has managed to make a confusing subject easy to understand and implement, which is the hardest part!!

Not impressed. No variety! Daily menus were too predictable.

Great tasting food.

My wife said the book is great.

Most of the recipes did not appeal to me.

Excellent.

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