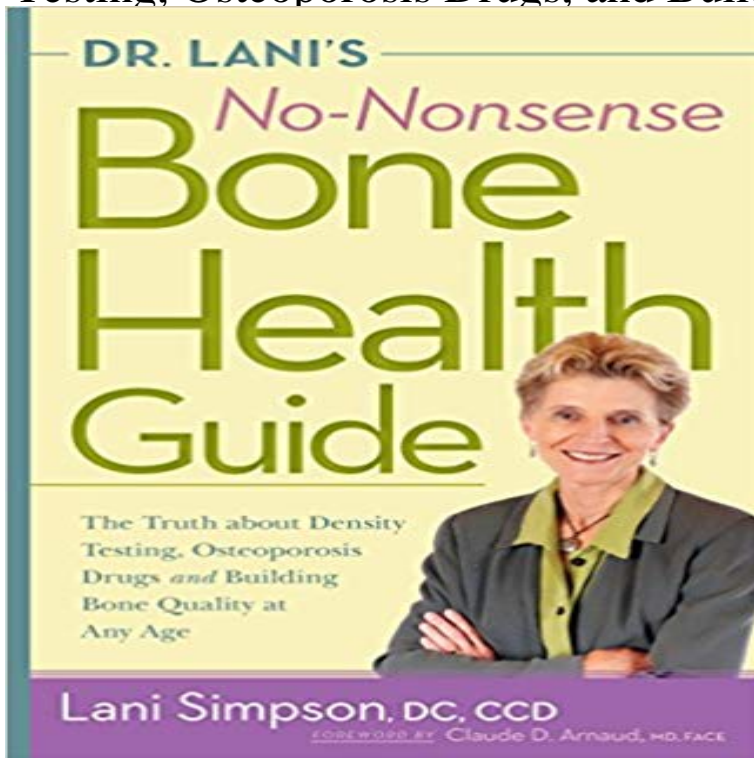


Dr. Lanis No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age



Part whistle-blower book, part bone health bible, Dr. Lanis No-Nonsense Bone Health Guide is the first consumer book to expose the shocking difficulty of getting an accurate bone density reading and the serious risks of long-term use of osteoporosis medications, which are often prescribed based on inaccurate readings. In addition to this vital information about bone density testing, Dr. Lanis Simpson cuts through the confusion and inaccuracies surrounding osteoporosis and explains what readers can do now to build and maintain healthy bones for life. Dr. Simpson shares her well-rounded, whole-body approach to bone health, including discussions of digestive health, diet, supplements, exercise, and how aging affects the bones. Readers learn surprising facts about what foods and medicines might hurt bone health and which ones will help build strong bones. Also included is a thorough discussion of calcium supplementation and how to do it right. Dr. Lanis No-Nonsense Bone Health Guide is the key to long, healthy, fracture-free golden years.

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worry about osteoporosis and bone fractures? If you've got a