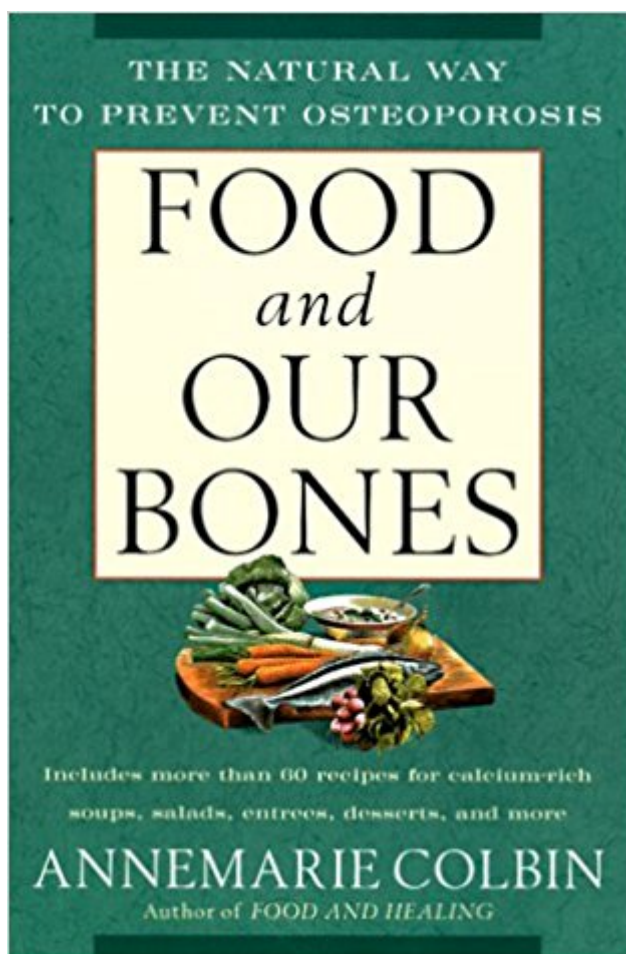


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# Food And Our Bones: The Natural Way To Prevent Osteoporosis



## Synopsis

A wholesome and simple plan to gain stronger bones and overall well-being, by a leading authority on natural health. As our population ages, the loss of bone density and other effects of osteoporosis will be among our most serious health concerns. In fact, the natural regeneration of bone mass that keeps our bones strong and supple slows down dramatically as we grow older and nearly a third of women in their post-menopausal years will become seriously affected by osteoporosis. Now, a pioneering natural health expert and the author of the classic work *Food and Healing* applies her proven natural strategies to this debilitating, but preventable, condition. In *Food and Our Bones*, Annemarie Colbin shows that conventional treatments like estrogen therapy, calcium supplements, and prescription medications are not the answer to osteoporosis. In fact, many of us already get all the calcium we need, but offset its effects by our intake of other foods that deplete it from our system. Instead, Annemarie Colbin describes nature's own process of bone regeneration and shows how you can improve bone health through the kinds of foods you eat, as well as a program of bone-strengthening activity. Rounding out her holistic approach, the author discusses the emotional effects of aging especially for women, and shows how strong relationships and spiritual networks can enhance your overall health. -- A natural, no-drug no-supplement approach to preventing bone loss -- Annemarie Colbin is the founder of the pioneering Natural Gourmet Cookery School and Institute for Food and Health in New York -- There are more than 350,000 copies of Annemarie Colbin's previous books in print -- Includes more than 60 simple and delicious recipes to immediately boost your nutrient intake, from soups, salads, and entrees to healthy desserts.

## Book Information

Paperback: 320 pages

Publisher: Plume; 1 edition (July 1, 1998)

Language: English

ISBN-10: 0452278066

ISBN-13: 978-0452278066

Product Dimensions: 6.1 x 0.8 x 9 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.4 out of 5 stars 9 customer reviews

Best Sellers Rank: #1,286,958 in Books (See Top 100 in Books) #97 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis](#) #3056 in [Books > Health, Fitness & Dieting > Women's Health > General](#) #6569 in [Books > Health, Fitness & Dieting >](#)

## Customer Reviews

Why take hormones and supplements to ward off osteoporosis--the bone-thinning disease that many postmenopausal women worry about--when you can get calcium and other nutrients needed for healthy bones from eating the right foods? That's the message from Annemarie Colbin, a food therapist who authored a previous book, *Food and Healing*. While she acknowledges some people would rather pop pills than go to the trouble of cooking healthy foods, she argues her philosophy persuasively. First, Colbin describes foods that studies suggest may weaken the bones, such as caffeine and tomatoes. Then she presents evidence for bone-strengthening foods, going beyond the conventional wisdom that dairy products are the best way to get dietary calcium. In fact, she writes, the Chinese vegetable bok choy provides the most calcium per calorie of any food--more than double the amount per calorie in skim milk. The book includes more than 60 recipes to help put Colbin's philosophy into practice, although many of the recipes call for ingredients such as seaweed. Detailed nutritional analysis of the recipes takes up more than 60 pages, space that might have been better spent, perhaps on recipes using more easily available ingredients. Even if you're not interested in following Colbin's philosophy exactly, her book provides insight into how what we eat affects our bones. "Eating well is the best prevention," Colbin writes. "I hope you will find some ideas here that apply to you, to help you remain strong until the day you decide to leave the earth. Once you know the facts, your own individual course of action will become clearer."

Natural health expert Colbin (*Food and Healing*, 1986) takes an approach to treating osteoporosis that is contrary to current medical practice. Instead of promoting dairy products as a way of obtaining calcium, she argues that calcium can be obtained via vegetables such as broccoli, kale, parsley, and butternut squash. She also offers her antipill philosophy (which includes vitamins), stating that the body does not absorb calcium supplements and other medications effectively. Colbin justifies her against-the-norm ideas by providing a lengthy bibliography of resource books, articles, and newsletters and by citing the experiences of her mother and aunt, who were reasonably healthy. The result is not that convincing. Large libraries may purchase only if their patrons want a radical, alternative treatment for osteoporosis. Otherwise, libraries looking for texts offering sound standard medical and nutritional advice regarding osteoporosis should consider Robert Haas's *Permanent Remissions* (Pocket, 1997), which includes a good chapter on osteoporosis. ?Connie Weaver, Bosler Free Lib., Carlisle, PA Copyright 1998 Reed Business

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I went to Anne Marie's school in New York. This the best book a woman can buy to learn about nutrition and their bodies as they age. Anne knew her Stuff. Trust me. This book is just an extension of what we learned in the classroom at school there.

This is far better advice than your doctor (who probably wants to give you drugs or calcium supplements) will provide.

I love this book - it offers a lot of useful information and also gave a copy to my daughter who is in her 50s.

Annemarie Colbin has written a wonderful, concise and palatable manual for understanding the relationship between lifestyle and bone health. She systematically details the causes of bone deterioration and establishes a course of action to counteract its progression. I would recommend this book to anyone, practitioner or patient, who either has a family history of osteoporosis or will be older tomorrow than they are today. I guess that includes us all. Great job Annemarie!

I am thrilled to discover this book by Annemarie Colbin about such an important issue for me and many other women of my generation. I have a heart problem so when my Kaiser physician told me I should take Fosamax for my osteoporosis I decided there must be another way. When you take Fosamax, it sends calcium to your bones. But, your heart needs calcium too. So, how do you know if you are doing more damage to your heart and other tissues if you take this drug? What's more important - my heart or my skeleton. With the information from this book, I have a way to improve both my skeleton and be good to my heart. I like the way she writes - with good data, lots of resources and references, but in a way someone not very technical, like me, can understand why things work the way they do. And the recipes look great. I haven't tried any of them yet, but plan to, once I get my own book (I found this in the library). To me one of the most important points she makes is that calcium isn't the entire answer - it's all nutrients and the amounts of them that are so critical. And, every body is a little different in the way it needs to receive these nutrients. If your ancestors didn't traditionally eat milk products, milk probably isn't the best way for you to get the needed nutrients for your body. I learned that maybe my joint and back pains might be from eating too many tomatoes, potatoes, eggplants and peppers - these are nightshade vegetables and have

'alkaloids' which mess up the calcium metabolism. If cultures included a lot of these foods in their diets, they typically also included a lot of dairy products because "dairy and nightshades are opposite and complementary; if you eat one, you need the other". I also learned that chocolate and "caffeine consumption increases the excretion of calcium (away from the bone) as well as magnesium through the urine, which indicates bone loss. Young women seem to be able to compensate for this loss and make it up faster through increased and more efficient calcium absorption from the intestines. Older women, on the other hand with age- and hormone-related calcium imbalances, do not seem to be able to compensate as efficiently, and are at higher risk for thinning bones, especially if their calcium intake is low." P34 - 35 She goes on to talk about studies of how much is too much, and if de-caf is an alternative (it isn't). This information is fascinating. I plan to give a copy of this book all my friends and family.

As usual, Annemarie Colbin's voice of reason brings hope to a field of health awareness where hype and misinformation dominate. This book is fascinating and, like her other books, forces one to THINK about the things we put into our bodies every day. The approach she proposes is unconventional to most Americans but please don't dismiss it. Remember, osteoporosis is thriving in the countries (like ours) where dairy products are freely consumed by the majority. Give this book a read and you won't be sorry!

I feel very fortunate to have found this very enlightening book about the very serious ailment facing, mostly, the women of our society: OSTEOPOROSIS. Relying on her own family's years of natural bone health, she gives the reader many facts and field results on the "Nutritional Aspect" of treating, and improving our bones throughout our lifetime. Her 60+ recipes are original and sometimes very unique, giving a very encouraging start to, hopefully, a new awareness and lifestyle. I have greatly enjoyed reading, learning, and following her many examples and suggestions, and fixing her recipes...I know I feel better already. Please read this book, you owe it to yourself, and the ones you love!

This is well documented and extremely well written, very fluid. I'm a veg so I would have wanted a meatless book, so I have to skip over the blood & bones parts to get to info I can use. I see a lot of meaters with the endless broken hips and bones so I can easily do without the traditional way down that rat hole. I have a few other books of hers which are more oriented in my direction and am hoping her next book on bone health coming in Feb is more on my wavelength.

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