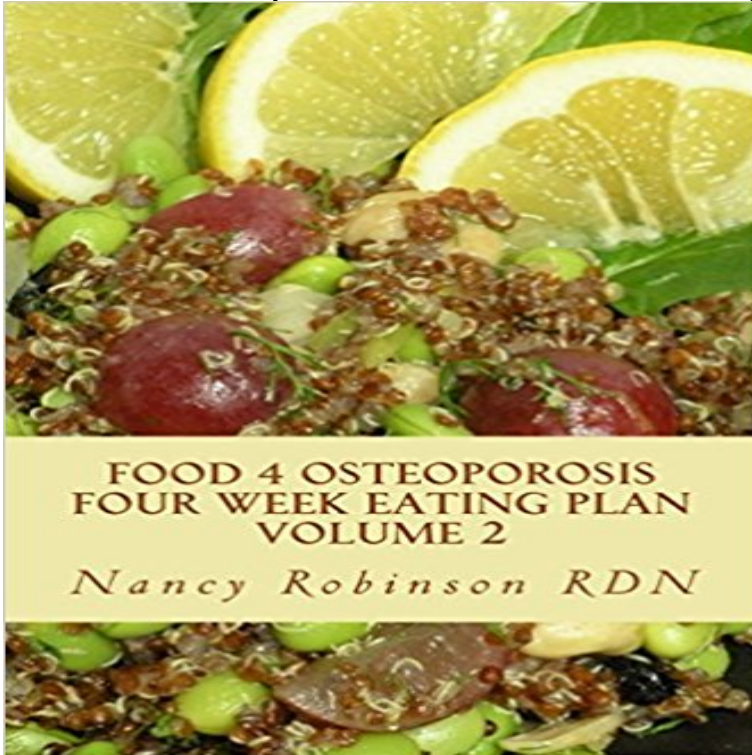


Food 4 Osteoporosis Four Week Eating Plan Volume 2



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 2 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 2 provides four weeks of simple, easy to follow daily menus and recipes. Each daily menu contains approximately 1200 mg. calcium from food so you can get your calcium from food and not worry about any risks associated with calcium supplements. While calcium is key to strong bones, fighting osteoporosis nutritionally is about much more than just getting enough calcium. An adequate intake of multiple bone building nutrients from a variety of healthy foods and adequate protein but not too much animal protein is 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 Alzheimers. 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.

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