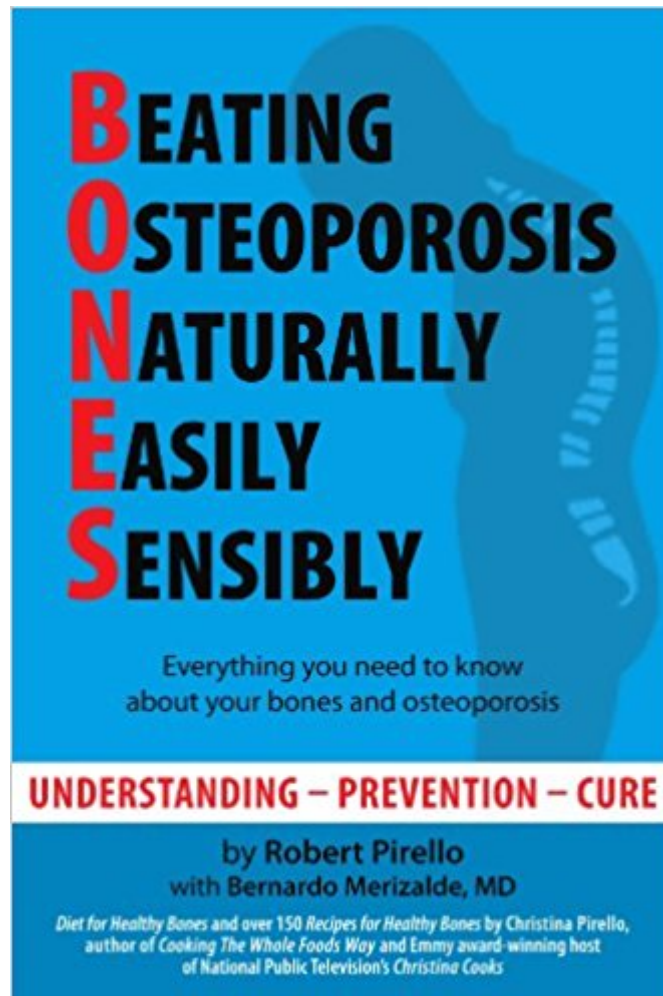




The book was found

B.O.N.E.S.: Beating Osteoporosis Naturally, Easily, Sensibly



Synopsis

I cured my osteoporosis naturally and you can, too. Osteoporosis is a woman's disease, right? That's what I thought, until I was diagnosed with this silent crippler. With the help of Bernardo Merizalde, MD, a change in diet and without pharmaceuticals, Robert Pirello did more than arrest his osteoporosis—he cured it. And now he shares his compelling story, from diagnosis to cure, from being disabled from his sport of running to finishing a marathon five years after his diagnosis as a way to celebrate his cure and return to his normal, active, athletic lifestyle. Osteoporosis is a major public health threat for more than 44 million Americans aged 50 and older. More than 10 million people in the United States already have osteoporosis, and that number is rapidly growing. Another 34 million people have low bone mass, placing them at increased risk of osteoporosis fractures, and with the rapidly aging population, these numbers will continue to increase at a staggering rate. In this tale of passion and recovery, Robert Pirello takes you on his journey and shows you how to maintain and regain healthy bones. Let Robert and Christina Pirello, with Dr. Merizalde; show you how strong bones can be yours naturally, easily, sensibly.

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Customer Reviews

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This is my new favorite book! Robert Pirello candidly shares of his devastation in discovering that, as a young man in his 40's, he had the bones of a man in his 80's. He sustained several compression fractures in his lower spine. He had been a marathon runner for many years, and also had a very healthy (or so he thought) natural foods diet. Last year, I was diagnosed with osteopenia, and I'm so thankful to have found this book, which is a real education in preventing osteoporosis, and even healing our bones. I, for one, refuse to take bisphosphonates, which all the commercials lead us to believe is the golden remedy. The potential risks and side effects are something I personally don't want to take a chance on. One of the biggest changes Robert made in his diet was to add lots of beneficial fats, such as olive and avocado oils. He lists the supplements he takes for bone health, and there is one supplement he seems to credit the most for gaining back an unprecedented percentage of bone. He recommends a specific brand that he researched as truly being able to build bone density. And there are cautions with this as well (such as not taking it with grapefruit juice). He encourages everyone to work with a doctor when taking this and other supplements. Robert actually gained bone back (something my doctor told me is nearly impossible once there is a diagnosis of osteoporosis). And he is running again, even marathons! That, to me, is a miracle. This book is a testimonial well worth listening to and learning from, because this courageous man has real documented results. This is a book I knew I had to own, to refer to often.

Besides having great information on bones, there are several chapters of bone-building delicious recipes~a bonus!! highly recommend this book to everyone concerned about the health of their bones, and I wish I could give it 10 stars. To me, Robert is a pioneer, pointing the way for all of us baby boomers who thought we were so invincible. Especially those of us who have been practicing natural health lifestyles for so many years, and maybe missing a few key ingredients. He generously shares all he has learned. And at such a bargain price!

For those interested in natural healing this book is a must. Not only does it map Mr. Pirello's path toward healing, it also discusses the personal choices that led to his osteoporosis at such a young age. Often we hear how medicine may alleviate symptoms but rarely do we see a person delve into the causes of their condition and how that may be reversed through food, exercise and supplementation when medication is not the preferred option. A very interesting read.

My daughter recommended this book to me for my osteoporosis situation. I have tried 3 of the recipes so far and have been very pleased with the flavors. In fact I am trying flavors I did not know about and am happy with the result. Willing to try anything that will help. Appreciate the authors advice in the book also. Happy I purchased it.

LOVE IT

With Drs. telling me I should be on Osteo medications, I did not like what I read about them! This book helped me to educate myself not only on the disease but helped me to know what the right foods to eat are, and also has some recipes. If you have this disease, it is well worth the read!

this kindle book is not a real kindle ebook - it is scanned pages of the book that are too small to read! and when I manually expand the page, the text is blurry. It is not worth full price for a "kindle" book. I am very angry that I paid for this - had I known what it was, I would have purchased a physical paper version instead.

I had high hopes for this book as Osteoporosis runs in my family. But if you cross check the author's "facts" you quickly find out that much of his advice is useless (and groundless) and some of his advice is quite harmful (check the side effects and potential damage from taking Red Yeast Rice)

While Robert Pirello gives some good advice re: supplements, etc. Not many of us have the time or money to have personal trainers, homeopathic doctors (insurance will not pay for them) or a personal cook. Also, in the back of the book, it said if you had questions, etc. send a letter to their address. I did that months ago and have heard nothing.

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