



# Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1)

*By Harmony Clearwater Grace*

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## **Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1)** By Harmony Clearwater Grace

You just got your bone density test back.  
Your doctor wants you to take Actonel, Fosamax, Boniva, or Prolia.  
You don't understand why those calcium chews didn't work for you.  
You don't know why this is happening.  
You did what your doctor told you to do.  
You don't know what you did wrong.  
There's a better way.

This is your answer.

In her new book – based on proven facts and over 200 clinical studies – Harmony reveals the special strategies for keeping your bones as strong and healthy as possible. Would a powerful bone-building supplement used by thousands in Japan get your attention? You can start using this radically different unconventional approach TODAY to strengthen your bones.

Worried that your bones are getting thin and brittle? Get the bone blueprint for strong flexibility. Bend, don't break!

Don't waste time and money spending months searching unreliable sources with contradicting data. Let Harmony sort through the fluff and confusion for you, put all the pieces together to figure out what really works, and hand you exactly what you need to know.

She makes it even easier by giving you the names and brands and even links to the exact products needed, so that you don't have to guess or search on your own for them.

You'll learn:

- Why all that calcium you took didn't work
- The most common mistake that most women are making when it comes to bone health – that also makes them more wrinkled
- Which bone-strengthening strategy unknown to the vast majority of doctors works better in peer-reviewed medical research
- Why taking your doctor's advice could disfigure you
- The 11 critical nutrients that can make (or break) your bones
- Why calcium and medication isn't your best answer and the 3 simple things to do instead
- How the medication doctors prescribe can make your bones MORE likely to break over time
- The 15 biggest mistakes you are probably making right now that are damaging your bones
- How what you are doing to try to keep healthy strong bones could actually be causing other diseases in your body
- Why your doctor probably doesn't know about this research
- Secrets of the best cutting-edge medical researchers that you need to know to prevent bone loss and fractures
- Why taking extra calcium without THIS can give you heart disease
- How to reduce your fracture risk by at least 60% with a statistical 95% confidence level, cited in a meta-analysis of randomized controlled trial (RCT) clinical studies

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## **Editorial Review**

From the Author

If I look younger than you, it's probably because I'm taking care of my bones in a different way. And for the same reason, my arteries are probably less clogged than yours.

Little known fact: People who have stronger bones also have smoother skin.

If you won't do this for your bones, do it for your looks. That's right, bone health and skin health are in lockstep because they both need optimal collagen production.

Skin needs it to be firm and supple.

Bones need it to be strong and flexible.

With the information in this book, you can stay younger on the inside (stronger bones) AND younger on the outside (less wrinkled).

If you're really ready to reduce your wrinkles, protect your heart health, prevent fractures, and grow stronger bones, scroll up to the buy button and click now.

## **Users Review**

**From reader reviews:**

**Dennis Boone:**

Book is usually written, printed, or descriptive for everything. You can understand everything you want by a publication. Book has a different type. As it is known to us that book is important factor to bring us around the world. Adjacent to that you can your reading proficiency was fluently. A publication Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) will make you to become smarter. You can feel much more confidence if you can know about every thing. But some of you think this open or reading a book make you bored. It is not make you fun. Why they can be thought like that? Have you looking for best book or ideal book with you?

**Kevin Jakubowski:**

The book Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) can give more knowledge and information about everything you want. Exactly why must we leave the best thing like a book Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1)? Some of you have a different opinion about e-book. But one aim which book can give many data for us. It is absolutely appropriate. Right now, try to closer

along with your book. Knowledge or details that you take for that, you may give for each other; you could share all of these. Book Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) has simple shape but the truth is know: it has great and massive function for you. You can appearance the enormous world by open and read a book. So it is very wonderful.

**Tyrone Knudson:**

This Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) book is not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is information inside this reserve incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. This kind of Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) without we recognize teach the one who reading it become critical in pondering and analyzing. Don't be worry Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) can bring if you are and not make your carrier space or bookshelves' come to be full because you can have it within your lovely laptop even telephone. This Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) having fine arrangement in word along with layout, so you will not really feel uninterested in reading.

**Richard Segers:**

The book untitled Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) contain a lot of information on this. The writer explains the woman idea with easy technique. The language is very clear to see all the people, so do not really worry, you can easy to read that. The book was authored by famous author. The author will take you in the new period of time of literary works. You can easily read this book because you can keep reading your smart phone, or gadget, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open up their official web-site as well as order it. Have a nice learn.

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