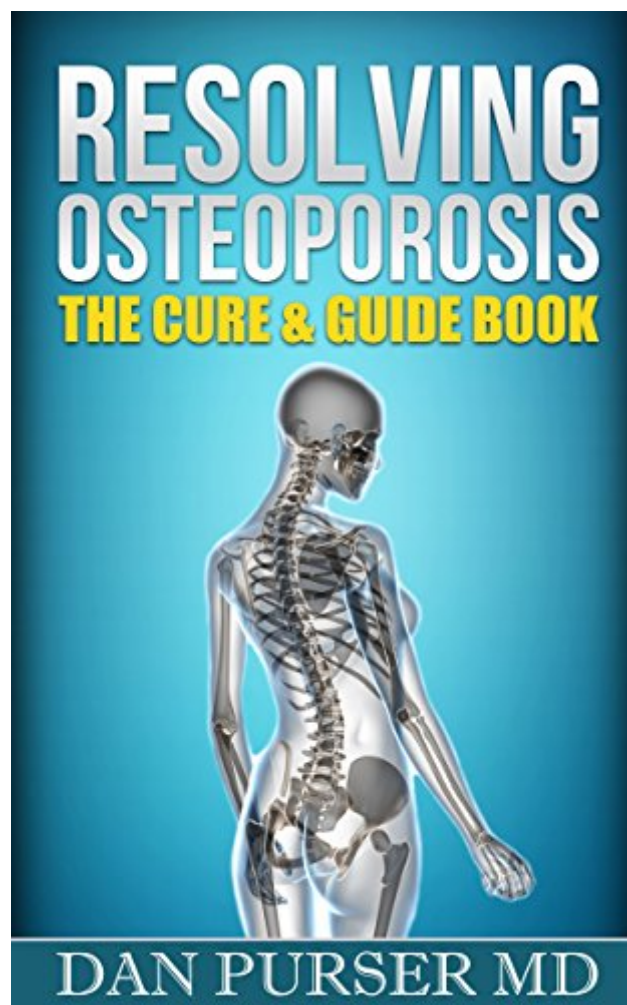




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# **Resolving Osteoporosis: The Cure & Guide Book: A Referenced Guide To Your Body, Life, Mind, Bones, Prevention And Diet While Dealing With Osteoporosis**





## Synopsis

From the SEVEN TIME #1 Bestselling Medical Author & Educator -- Transform Osteoporosis with a NATURAL Approach to Your Bone Health! Women -- this is about YOUR Osteoporosis. LEARN THIS is NOT a Disease, but a Deficiency State -- Find Out Which Vitamin REALLY INCREASES YOUR BONE DENSITY & HEALTH! Learn About Natural Prevention of Fractures, Bone Loss, Osteoporosis Diet. You just got told by your medical doctor (in your 2 1/2 minutes of allotted time) you have bad osteoporosis. She hands you a prescription with a warning that it has a 75% rate of side effects -- to stop it immediately if you develop chest or jaw pain. Welcome to modern medicine -- you have poor bone health, bone density & mineral density issues, reduced bone mass, and you're just going to die...YOU ARE NOT. Journey now with Dr Dan Purser as he takes a 58 y.o. postmenopausal woman with osteoporosis symptoms, treating her fracture risk as a deficiency to be dealt with properly using all the natural tools available. Watch through Dr Purser's eyes as he explains osteoporosis causes, natural osteoporosis treatment, and watch as she finds out why and how osteopenia or osteoporosis are NOT horrible life ending diseases but are instead readily treatable hormone and vitamin deficiencies, and how you too can absolutely pin down the exact deficiencies with which your body had been dealt, and properly use all natural options to flip your bone mineral density, improve your heart & brain health, explain osteoporosis and estrogen interactions, osteoporosis and Vitamin D interactions, and get strong bones while you do it! Part of this journey is viewed through the eyes of Dr Purser as he treats a patient for osteoporosis and the conversation they have as she improves her bone health, and part is viewed in the friendly medical vernacular that has made Dr Purser one of the most popular speakers, medical educators & osteoporosis doctors worldwide. This book expertly covers osteoporosis testing & bone health supplements few other doctors even mention or know about -- information such as: How to discover YOUR Intracellular Osteoporosis Vitamin & Osteoporosis Mineral Deficiencies and How to Treat Them How an osteoporosis vitamin deficiency can have an impact on YOUR Bone Health & osteoporosis joint pain What HRT or women hormones such as testosterone, progesterone or estrogens do for bone health & how to know if you're really postmenopausal How lack of hormones is one of only a few osteoporosis causes... What is proper osteoporosis screening and osteoporosis statistics Why using testosterone as an osteoporosis medication will make you feel sexier, have a hard skeleton, and have hard bones When to use DEXA scanning but also how to regularly track & cheaply your bone mineral density to make sure it's increasing Æ'Æ'Æ' Do you want natural osteoporosis therapy? How do you know if your osteoporosis treatment is really working? Dr Purser, with his 30 years of experience, shows & teaches you how... Learn from Dr Purser: Æ'Æ'Æ'Æ' to

know almost immediately if your osteo treatments are working. Why natural options and osteo vitamins are usually so much better than risking serious osteoporosis medications side effects. Why doing all of this naturally will reduce your osteoporosis bone pain & osteoporosis joint pain. Why making healthy osteoporosis diet choices helps. Dr Purser also helps you learn about Essential Oils and how they can help. And like the female protagonist-patient in the book, learn to live and love life again as you transform your body and bones to a healthier more natural state and place. **BUY NOW!** Every day that passes you lose MORE MINERALS. Transform your body and your bone health TODAY -- buy this little book and dive deeper and take charge of your bone health!

## Book Information

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## Customer Reviews

Dr. Purser delivers another truly informative book on a condition that I am actively trying to prevent. I have read Dr. Purser's other books and particularly like that this one not only recommends the type/dose of supplements, but also provides recommended name brands. This makes it so much

easier than trying to just find a "good quality" supplement. Thank you for the information, Dr. Purser, and I can't wait for your next topic!

I really enjoyed Dr. Purser's book on osteoporosis. I found it educational as well as entertaining, not dry like some medical books can be. Being a 59 year old woman with osteopenia I found it very helpful in knowing what medical tests to ask my family physician to run and what over the counter supplements I could take that would be very helpful. I found the chapter on dispelling old wives tales very interesting. I really appreciated knowing what foods to stay away from and I am encouraged to keep lifting weights as a way to build muscle to help increase my bone density. I would highly recommend this book to anyone interesting in this subject. It is a quick read and very informational.

Dr Purser has helped so many people. I have watched him personally take MUCH time with individuals one on one during several health-related events I have attended. He is passionate about helping people learn about their health, and this book reveals that beautifully. My maternal grandmother and my mom both suffer/ed from Osteoporosis. I sent this link to my mom immediately so she could read it for herself. Thank you for investing so well in women's health, Dr. Purser!

Most of what this book contains can be found through trusted sites on the internet. The lab tests he recommends are ones that are not yet recognized by the western medical community as did provide information I did not see and/or find doing internet searches on the topic. Would not recommend this book for the price...there are other options available on the internet to explore and implement with diet, exercise, supplements and the different prescription medications used for the prevention of or treatment of osteoporosis...

Thank you for all your informative books! I may not need this or the other books that you have written right now but it is great to be informed on what I can do to prevent osteoporosis! I really enjoy reading your short stories on how you have helped one of your patients. Thank you for writing this in layman's terms. I can read your books and understand what I need to do and how I can work with my physician using these books. Continue writing and educating us!

Once again, Dan Purser hits it out of the park. This is a fantastic read, full of insight and solutions. A must read for anyone with Osteoporosis and especially if you are in the early stages. I love that he keeps it simple, yet information packed.

Thank you for this informative book. It is a real gem to women who don't know what is happening to their bodies and sometimes don't have the doctor that will take the time to explain so clearly.

Waste of money. Nothing in this book of value you cant find in a brief article.

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