

“Dr. Lani’s No-Nonsense Bone Health Guide” is FABULOUS! It is loaded with solid and practical information that will have you standing strong and tall for a lifetime. I highly recommend it.”



Christian Northrup, MD
Author of Women’s Bodies, Women’s Wisdom

Think you don’t need to worry about osteoporosis and bone fractures? If you’ve got a skeleton, or a loved one who does, think again!

In this best selling book, Dr. Lani sounds the alarm to adults of every age: millions of people in the U.S. are affected by osteoporosis, as people are being diagnosed younger and younger with this—largely preventable—disease, and many adults are suddenly laden with the full-time care of an aging parent who has sustained a disabling, osteoporosis-related bone fracture:

Some of what you’ll Learn:

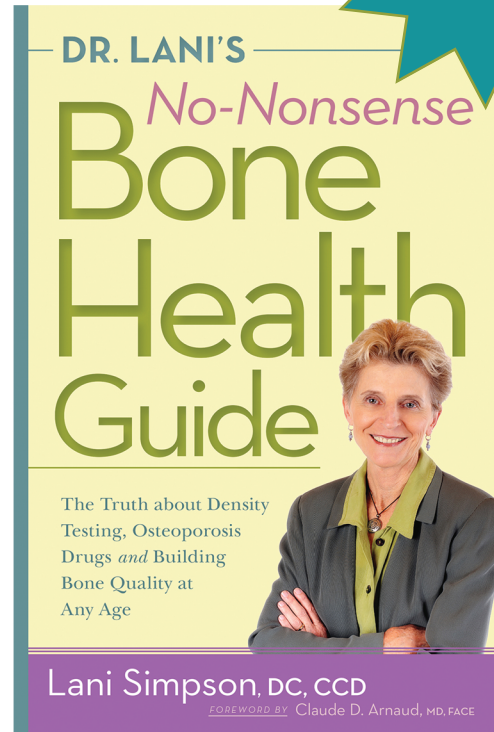
- Hip fractures can be debilitating and even life threatening, and for many, financially devastating.
- Long-term use of some osteoporosis medications can make bones more brittle and prone to fracturing!
- Bone density tests are often incorrect due to lax regulation and poor training for lab technicians and doctors; this can (and does) result in patients being misdiagnosed, and prescribed medications they don’t need!
- Alternatively, thousands of people who are at risk for fracture are not having their bone-health assessed at all!

You don’t have to let this happen to you!

Dr. Lani’s No-Nonsense Bone Health Guide shows you how to reduce your risk of fractures and ensure that you get the best bone density test assessment possible. You will also learn how to improve bone health at any age through good nutrition, optimal digestive health, proper hormone balance and exercise.

WHY PARENTS NEED TO READ THIS BOOK:

- 80% of our lifetime bone mass is laid down before we are 18 years old!
- Drinking milk is not enough! Children need much more to ensure they are building a good foundation of bone to last a lifetime.



Dr. Lani’s No-Nonsense Bone Health Guide

The Truth About Density Testing, Osteoporosis Drugs and Building Bone Quality at Any Age

DR. LANI SIMPSON, DC, CCD

Paperback \$18.95 ... 320 pages ... 978-0-89793-661-3

www.LaniSimpson.com

Dr. Simpson is a chiropractic doctor and a Certified Clinical (bone) Densitometrist. She has practiced womens health care for 30 years, treating thousands of patients with a multidisciplinary and holistic approach. An expert in bone density analysis, osteoporosis and hormone balancing, she cofounded the *East bay Menopause and PMS center* and the *Osteoporosis Diagnostic Center* in Oakland, CA. Today, Dr. Simpson has a private practice in Berkeley, CA where she consults with both women and men.

HOW TO ORDER

Order your copy of **Dr. Lani’s No-Nonsense Bone Health Guide** directly from her web site, **www.LaniSimpson.com** and receive special offers!

Copies are also available to order on Amazon.com