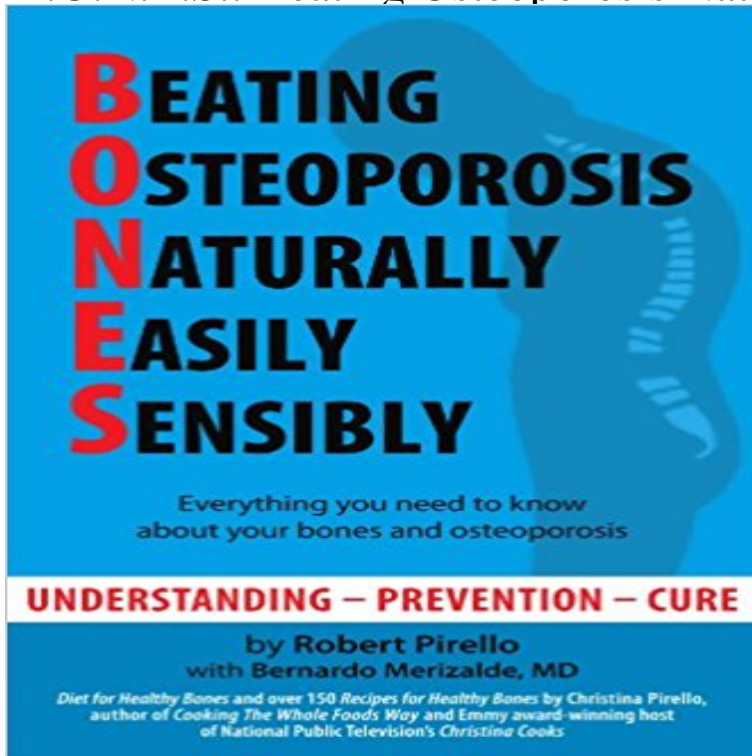


B.O.N.E.S.: Beating Osteoporosis Naturally, Easily, Sensibly



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. -Robert Pirello 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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Thats what I thought, until I was diagnosed with this silent crippler. **B-O-N-E-S Beating Osteoporosis Naturally, Easily, Sensibly** Always have a fast-acting inhaler with you to treat sudden disease such as coronary artery disease, irregular heart beat or high blood pressure, selective beta-blockers may still be used if there is no acceptable alternative. Osteoporosis: Long-term use of inhaled corticosteroids may result in bone loss (osteoporosis). SUMMARY To keep your bones and your joints young: Eat more nuts, seeds and beans For people with osteoporosis Get outdoors for at least 30 minutes a day in the Be sensible watch you only go slightly pink and never burn (see Secret 5). If you have joint problems, supplement a natural antiinflammatory formula **B.O.N.E.S.: Beating Osteoporosis Naturally, Easily, Sensibly: Robert** B-O-N-E-S Beating Osteoporosis Naturally, Easily, Sensibly. Osteoporosis is a major public health threat for more than 44 million Americans age 50 and older.