



Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age

By Lani Simpson

Download now

Read Online 

Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age By Lani Simpson

Part whistle-blower book, part bone health bible, *Dr. Lani's No-Nonsense Bone Health Guide* is the first consumer book to expose the shocking difficulty of getting an accurate bone density reading and the serious risks of long-term use of osteoporosis medications, which are often prescribed based on inaccurate readings. In addition to this vital information about bone density testing, Dr. Lani Simpson cuts through the confusion and inaccuracies surrounding osteoporosis and explains what readers can do *now* to build and maintain healthy bones for life. Dr. Simpson shares her well-rounded, whole-body approach to bone health, including discussions of digestive health, diet, supplements, exercise, and how aging affects the bones. Readers learn surprising facts about what foods and medicines might hurt bone health and which ones will help build strong bones. Also included is a thorough discussion of calcium supplementation and how to do it right. *Dr. Lani's No-Nonsense Bone Health Guide* is the key to long, healthy, fracture-free golden years.

 [Download Dr. Lani's No-Nonsense Bone Health Guide: The ...pdf](#)

 [Read Online Dr. Lani's No-Nonsense Bone Health Guide: T ...pdf](#)

Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age

By Lani Simpson

Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age By Lani Simpson

Part whistle-blower book, part bone health bible, *Dr. Lani's No-Nonsense Bone Health Guide* is the first consumer book to expose the shocking difficulty of getting an accurate bone density reading and the serious risks of long-term use of osteoporosis medications, which are often prescribed based on inaccurate readings. In addition to this vital information about bone density testing, Dr. Lani Simpson cuts through the confusion and inaccuracies surrounding osteoporosis and explains what readers can do *now* to build and maintain healthy bones for life. Dr. Simpson shares her well-rounded, whole-body approach to bone health, including discussions of digestive health, diet, supplements, exercise, and how aging affects the bones. Readers learn surprising facts about what foods and medicines might hurt bone health and which ones will help build strong bones. Also included is a thorough discussion of calcium supplementation and how to do it right. *Dr. Lani's No-Nonsense Bone Health Guide* is the key to long, healthy, fracture-free golden years.

Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age By Lani Simpson Bibliography

- Sales Rank: #25359 in Books
- Published on: 2014-08-12
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x 5.50" w x 1.00" l, .0 pounds
- Binding: Paperback
- 320 pages

 [Download Dr. Lani's No-Nonsense Bone Health Guide: The ...pdf](#)

 [Read Online Dr. Lani's No-Nonsense Bone Health Guide: T ...pdf](#)

Download and Read Free Online Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age By Lani Simpson

Editorial Review

Review

"Dr. Lani's *No-Nonsense Bone Health Guide* is loaded with solid and practical information that will have you standing strong and tall for a lifetime. I highly recommend it." ?Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom*

About the Author

Dr. Lani Simpson is a chiropractic doctor and a Certified Clinical (bone) Densitometrist (CCD). She has been an expert in women's health care for 25 years, treating thousands of patients with a multidisciplinary and holistic approach to health. She cofounded the East Bay Menopause and PMS Center and the Osteoporosis Diagnostic Center in Berkeley, CA, where she lives. She is an expert in bone density, osteoporosis, and menopause and aging, and gives continuing education seminars to health professionals about these issues.

Excerpt. © Reprinted by permission. All rights reserved.

Chapter 2: Bone Density Screening — Right Test, Wrong Results?

If your car's fuel gauge is off, the worst that might happen is you'd run out of gas and need a tow ? or a battery charge, if the car's electric. But if the tools used to gauge your health malfunction, the consequences are much more serious. Unfortunately, when it comes to evaluating fracture risk, bone density testing procedures can be off the mark. And that can result in your getting the wrong diagnosis, the wrong treatment plan, or unnecessary medications.

Consider what happened to Ellen, a woman in her sixties who'd had several bone density tests over the years because of concerns about osteoporosis.

Positioning Error Leads to Prescription for Fosamax: Ellen's Story

Ellen called me from her home on the East Coast after a mutual friend recommended she ask me to assess her latest bone density test. Just listening to her story over the phone, I could tell that something was not right regarding the reported findings of her test. The most recent exam showed that Ellen had lost 7 percent of the bone density in her hip since her previous test a year earlier, but her spine remained unchanged. The discrepancy raised a red flag for me. As a densitometrist, I know that it is highly unusual to see such an extreme loss in the hip, especially within one year.

My suspicions were confirmed when I sorted through the stack of paperwork Ellen sent and after I reviewed each of her bone density scans. Comparing the two most recent tests, I could tell that the first technician had failed to position Ellen's hip properly (using a fifteen- to twenty-degree internal rotation), while in the second test the hip was properly positioned.

Why does hip rotation matter during a bone density test? If the hip is incorrectly positioned, errors in density readings of up to 10 percent can occur. That can make the difference in whether or not a doctor recommends medication, as bone loss is a trigger for prescribing drugs. It could also make the difference in whether or not

a person is diagnosed with osteoporosis. In Ellen's case, the mistake led to an erroneous report of a 7 percent bone loss, which, understandably, made her very upset.

What's worse, none of it should have happened. In Ellen's first bone density test, the technologist's failure to properly rotate her hip should have been caught and corrected before the report was made ? if not by the technologist then by the reporting doctor handling the test. Then, for Ellen's second test, the technologist did rotate her hip correctly, but failed to note the error from the previous test. This is the mistake that resulted in the report of an apparent 7 percent bone loss in Ellen's hip. Compounding the problem, the doctor who wrote the report on the second test results did not catch the mistake either. If the test results were truly showing such a significant change in her bone density, Ellen's own physician should have ordered lab tests to investigate the problem further, but that did not happen; instead, she was prescribed Fosamax, a drug for treating osteoporosis. Believing that the reports were accurate, most medical doctors would likely have done what Ellen's physician did, which was to recommend medications solely on the basis of apparent bone loss.

Once I was able to guide Ellen in getting an accurate bone density reading, we discovered that her bone was stable ? meaning no active loss of bone. Additional lab tests verified this finding. To date, she has been able to maintain her bone stability by following a bone-healthy nutrition and exercise program that includes appropriate nutritional supplements ? and currently she has no need for osteoporosis medications.

I wish I could tell you that Ellen's case is unusual. But it's not. I see similar bone density testing errors over and over when consulting with my patients. These problems are common knowledge among those trained in densitometry. We all know that preventable mistakes are being made. Why does this happen?

Users Review

From reader reviews:

Victor Elam:

The book Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age make one feel enjoy for your spare time. You can use to make your capable far more increase. Book can to be your best friend when you getting tension or having big problem along with your subject. If you can make reading a book Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age to become your habit, you can get a lot more advantages, like add your current capable, increase your knowledge about several or all subjects. You can know everything if you like wide open and read a guide Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age. Kinds of book are several. It means that, science e-book or encyclopedia or other individuals. So , how do you think about this reserve?

William White:

The e-book with title Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age has lot of information that you can study it. You can get a lot of gain after read this book. This kind of book exist new information the information that exist in this guide represented the condition of the world now. That is important to yo7u to learn how the improvement of the world. This particular book will bring you within new era of the glowbal growth. You

can read the e-book on your own smart phone, so you can read the item anywhere you want.

Julie Gibson:

This Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age is great reserve for you because the content which is full of information for you who always deal with world and have to make decision every minute. This book reveal it info accurately using great coordinate word or we can claim no rambling sentences inside. So if you are read this hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but difficult core information with splendid delivering sentences. Having Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age in your hand like having the world in your arm, info in it is not ridiculous 1. We can say that no e-book that offer you world throughout ten or fifteen tiny right but this book already do that. So , this is certainly good reading book. Hey there Mr. and Mrs. hectic do you still doubt in which?

Sharon Wilson:

Reading a book for being new life style in this yr; every people loves to examine a book. When you go through a book you can get a large amount of benefit. When you read guides, you can improve your knowledge, because book has a lot of information onto it. The information that you will get depend on what types of book that you have read. If you want to get information about your study, you can read education books, but if you want to entertain yourself read a fiction books, these us novel, comics, as well as soon. The Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age will give you a new experience in looking at a book.

**Download and Read Online Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age By Lani Simpson
#0MZ1KGIP3TB**

Read Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age By Lani Simpson for online ebook

Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age By Lani Simpson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age By Lani Simpson books to read online.

Online Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age By Lani Simpson ebook PDF download

Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age By Lani Simpson Doc

Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age By Lani Simpson Mobipocket

Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age By Lani Simpson EPub

0MZ1KGIP3TB: Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age By Lani Simpson