

# **THE BONE DENSITY SOLUTION**

# **The Bone Density Solution Book PDF By Shelly Manning**

The Bone Density Solution book PDF by Shelly Manning is a particularly effective program that directly tackles all causes of osteoporosis, without requiring medications, treatments or medical bills. The program included in The Bone Density Solution book PDF restores health by undoing the very behaviors that destroyed it in the first place.



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You didn't get ill by taking drugs, and you won't get better by taking them either. Which makes sense, when you think about it. It doesn't matter why your bones are steadily becoming weaker and more brittle, the program in The Bone Density Solution book PDF hits every possible cause.

And when the causes are gone... so are the effects. The changes Shelly advises us to make are powerful – just the right changes in just the right ways – but they're simple.

Follow the instructions in The Bone Density Solution book PDF, be a little patient... and, bit by bit, your bones can't help but regain their full density and strength.

I ordered The Bone Density Solution book PDF the moment I got home, and started acting on it that afternoon. I no longer suffer osteoporosis symptoms anymore. And I never expect to ever again.

Why does the program actually work?

To restate the obvious: osteoporosis doesn't 'just happen'. There are specific reasons for it. We've known for many years what some of those reasons were.

Doctors addressed the causes that they understood, but the causes they didn't understand carried on uninterrupted.

So they were always tackling part of the problem. Which is why they got partial success. Until they knew what they were missing, they were never going to be completely successful.

But we know now what that missing link is. And Shelly's program hits all causes of osteoporosis (including that missing link) hard. First, a very quick look at how Shelly's solution was so different to anything I'd tried so far. She takes two main routes:

1. Movement
2. Nutrition

I was familiar with both. My physician had suggested I join a gym and lift some weights. Good advice? I don't know. I certainly didn't go anywhere near a gym. It's just not me.

But in The Bone Density Solution book PDF, Shelly Manning shows simple ways of incorporating some effective osteoporosis movement into a busy schedule, movement that toughens up bone every time you do them. Movement that even I could do.

My physician also told me to eat less bad food and, in particular, consume more calcium. Although once I'd put Shelly's program into action I finally understood why 'eat more calcium' was, on its own, silly advice.

Some of the exercise advice given by medical professions is difficult to implement. I know that, I never managed to follow any of it.

Quite a bit of the nutritional advice they give is wide of the mark and, again, it's vague, too general and hard to put into practice.

In the rush to give us drugs doctors lose sight of, or don't even know about, the much more basic cause of what is weakening our bones.

Because there's a specific reason why we fail to shake off osteoporosis.

It's because we aren't tackling what fuels the disease in the first place.

And what fuels the disease are these:

- Too many of the foods that cause bone loss...
- Not enough of the foods that promote bone formation...
- The wrong balance of foods needed for a healthy gut...

The human body is complex and the route to keeping it healthy is complex. Yet in practical terms it all comes down to eating more of the right foods and less of the wrong ones.

The Bone Density Solution book PDF gives us a comprehensive list of each. And some very straightforward meal plans to ensure we get as many of the good ones into our diet as possible. It's really not difficult at all.



And while this guidance alone is better than anything I ever got from any other health professional... it's the gut health advice that I believe made all the difference.

The World Health Organization (W.H.O.) states that chronic inflammatory diseases are the most significant cause of disease and death in the world.

In recent decades the number of inflammation-related diseases has rocketed worldwide to the hundreds of millions.

In the US over 800,000 people a year die from inflammatory disease. There are many, many inflammatory diseases:

Heart conditions, autoimmune diseases, joint conditions, allergies, liver conditions, kidney disease, hyperthyroidism, arthritis... the list goes on and on. And that list includes osteoporosis.

A review of studies published in the 'Journal of Endocrinology' found that high levels of inflammatory markers in the blood stopped the body from remodeling – which means 'creating' – new bone.

In healthy bodies bones break down and then renew all the time. It's an ongoing, natural process.

But if you suffer osteoporosis then your break-down and renewal process has become faulty. You're breaking down a little more bone than you're renewing.

That deficit continues over time, steadily thinning out your bone density, leading to fractures and breaks. Mine used to be exactly like that.

Inflammation is a direct and indirect cause of that faulty bone renewal process. It is absolutely vital that it is properly and thoroughly addressed if we're to restore our bones back to their healthy condition.

And what do our general practitioners do specifically about the inflammation cause of osteoporosis?

Not a thing. Not a single thing. Instead of repairing the broken breakdown/renew process of our bones they continue to push remedies that attack symptoms – but which leave the causes firmly in place. It's a

losing battle. Chronic, ongoing inflammation is not directly felt. Instead, it's experienced through anyone – or more – of the many diseases it gives rise to. I mentioned a few earlier: heart disease, high blood pressure, organ diseases and so on. And osteoporosis. So, as an added bonus: if you address inflammation in order to end its effects on your bone health... you're possibly also helping yourself out with other conditions too.

So how do we address inflammation in order to prevent it ruining our bone health? The key to preventing inflammation in the first place is to keep the gut healthy. A healthy gut is, literally, a healthy body and mind. Tackle gut health and everything changes, and it changes quickly.

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And this is what the world's leading researchers have now confirmed: poor gut health is a primary cause of widespread body inflammation.

And gut health is directly affected by the bacteria in your gut. Yep, bacteria.

The word 'bacteria' always sounds a little dangerous when we first hear it. Yet bacteria are simply unicellular microorganisms, neither good nor bad in themselves. And what we know is that a great many bacteria are actually very good for us.

In fact, the bacteria in our guts perform life-giving tasks that our body is unable to do for itself. A shortage of good gut bacteria is directly implicated in a dozen common western illnesses.

We would actually die without our gut bacteria! Shelly goes into a little more detail about this in her program.

But we know that an unhealthy gut environment means that the number of good, life-enhancing bacteria is simply too low. And when this has been going on for long enough it causes ongoing, low-level inflammation. In fact, poor gut health is what underlies tens of millions of cases of inflammation-based disease. This is scientifically confirmed the world over.

The inflammation is low-level but it persists year after year... and does its damage slowly but surely.

A healthy gut, which basically means bacteria that are fed plenty of good, varied food, is a gut that doesn't provoke inflammation at all.

In other words, it's a gut that does no harm anywhere in the body.

As my gut gradually regained its proper functioning body inflammation faded away. And so the causes of my bone problems faded away with it. My condition couldn't exist anymore because it had run out of causes!

A gut-friendly diet is super easy.

The foods that do most good are available in local supermarkets – and there's lots of them.

The two keys to regaining a healthy gut in order to tackle inflammation are: first, know which foods are essential to gut health. Second, to eat the right quantities of them in the right combinations.

We also reduce a few items that aren't helpful – but we don't ban them. The list of foods that don't help us is short but it does include a couple that are generally thought of as 'healthy'.

It's important that we know, and once we do know then it's plain-sailing from there. Which, incidentally, worked out well for me. I ate almost



everything I liked, I ate lots of it and, over time, I still lost 8 pounds of fat. That's the power of great gut health!

I know I would never have turned my health around if I'd stuck with the standard medicine route.

Modern medicine simply doesn't address this inflammatory route at all. Yet that's now known to be where all the damage starts.

The Bone Density Solution book PDF gets to the heart of the matter. It undoes the very things that cause the illness in the first place.

And that's why my bones are now solid, strong – and I expect they're going to stay that way for the rest of my life.

Inside The Bone Density Solution book PDF, Shelly Manning is simply using what the best US and European research institutions have been uncovering over the last 10 years or so.

The program in The Bone Density Solution book just tweaks our day-to-day lifestyle back to health. She's not throwing out our lives and starting again from scratch!

But these tweaks are just the right ones... They ensure we have maximized what helps us, and minimized what hurts us.

Which means that growing bones become increasingly strong and abundant, not increasingly weak and brittle.

And the reason this program is so easy to actually do is because Shelly sets the whole thing out in 14 small steps. Take on a new step every day, or one step every couple of days. There's no rush. Whichever habits you introduce first, your bones will thank you, almost straight away.

I succeeded, one easy day at a time. All I had to do was begin. And once I'd begun, things took care of themselves.

I had two bone density tests in the first couple of months after starting Shelly's program. I could see with my own eyes just how effective these bone-strengthening measures were.

My goal is always to get a T-score of -1.0 (minus 1.0) or better.

- -1.0 a sign of completely healthy bone density...
- 0 is a sign of strong bones...
- +1 is becoming superhuman...

The first weeks of Shelly's program got me from - 2.9 (definite osteoporosis) to dead on - 1.0. I would have settled for that.

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These days I have my bone density measured once a year, just to ensure I haven't slipped. My T score has improved a little further - I'm at +0.5 now. Which means my bones are stronger than they have ever been in my life.

Now, does this mean my osteoporosis is gone? Well, I don't know. What I do know is that I control my symptoms now, rather than my symptoms controlling me. The program in The Bone Density Solution book is my normal daily habit now. I don't even think about it. And it delivers such excellent results that I expect to have strong, reliable bones forever.

Which is exactly what I had hoped for when I first found out I had osteoporosis all those years ago.

Once we realize our bones are thinning then it's clear we're either on a route to osteoporosis, or we've already arrived.

But the condition doesn't stand still. Which means if it's not good now it'll become bad in time... and then very bad thereafter.

It's a future I wanted to avoid more than I've ever wanted to avoid anything in my life. Crutches, wheelchairs and the possibility of becoming bed-ridden due to immobility... it makes me shudder even now.



Don't let this be your future. You deserve better. The people who care about you agree. You can start repairing your body's natural bone creation process this minute.

The Bone Density Solution PDF is available right now. Tackling osteoporosis while we can. Remember, osteoporosis is a condition of deterioration. It gets worse, in other words.

The sooner we intervene, the easier it is to restore bone health and then live life as the healthy person we want to be. The later we intervene, the longer it takes. And the more likely we're going to end up with a fracture or break that completely upends our lives.

So the time really is now. With The Bone Density Solution book the time can, in fact, be roughly 4 minutes from now. You can quite literally start saving your bone health in the next few minutes.

There is a point at which the fractures and breaks in a person's body become irreversible. Yes, the bone heals... but it isn't restored to its former self. There's about 300,000 hip fractures per year in the US.

The man who introduced me to Shelly's program – the man I spoke with at Walgreens all those years ago – had spent years trying to rid himself of osteoporosis. He'd suffered considerably before he finally tackled it properly.

He couldn't undo all the damage to his spine because it had gone too far. So while he was grateful to have finally halted the damage he was still paying the price for having addressed it so late. Don't do this to yourself.

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