



The Healthy Bones Nutrition Plan and Cookbook

A Medicine Through Food™ Guide

How to Prepare and Combine Whole Foods
to Prevent and Treat Osteoporosis Naturally

By Dr. Laura Kelly and Helen Bryman Kelly

\$24.95 • Paperback
7 1/2 x 9 1/2 • 304 pages
16-page color insert
ISBN 978-1-60358-624-5
Pub Date: July 11, 2016

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“**The natural, effective, and safe way to prevent and treat bone loss without using calcium supplements or drugs.**”

Increasingly, people are seeking a natural, effective, safe way to prevent and treat bone loss without using calcium supplements or drugs. Too often, drugs that claim to prevent or redress bone loss can actually cause bones to crumble and break, and calcium supplements, fortified processed food, and pasteurized dairy don't work because the calcium in them doesn't reach our bones.

The Healthy Bones Nutrition Plan and Cookbook can help. Mother-and-daughter coauthors Dr. Laura Kelly and Helen Bryman Kelly created a unique diet-based approach to bone health that allowed Helen's body to arrest bone loss after experiencing increasingly severe osteoporosis for nearly twenty years. Better still, nearly four years after launching her new nutrition plan, Helen is maintaining her bone density levels—without taking any pharmaceuticals.

Laura draws on her knowledge of metabolic science and a rigorous examination of current research to craft food-preparation instructions, food combinations, and more than 100 bone-health recipes ranging from sauces and small plates to soups, salads, and main dishes, drinks, and desserts.

The authors also provide worksheets so readers can use the recipes and work with their health care professionals to create their own personalized nutrition plans to improve skeletal health. Readers can count on their personal nutrition plans and the Kellys' recipes for food that helps calcium reach and strengthen their bones for years to come.

About the Authors

Dr. Laura Kelly, a licensed Traditional Chinese Medicine practitioner and Doctor of Acupuncture and Oriental Medicine, completed her training at Yo San University in Los Angeles. Her private practice focuses on primary care and chronic disease. She works with a research group to document the biochemical effects of Chinese herbs on fatigue and investigates nonsurgical treatment for paralysis.

Helen Bryman Kelly, award-winning research writer, editor, lecturer and executive coach specializing in management and medicine, has worked with the Yale Schools of Management, Medicine, and Public Health; IBM; McGraw-Hill; and John Wiley. She holds a US Press Association Award for Special Publication and a Teacher of the Year citation from the Yale School of Management.

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