



Perfect Bones

A Six-Point
Plan
for Healthy
Bones

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Foreword by John R. Lee, M.D.,
author of *What Your Doctor May Not
Tell You About Menopause*

Heal Your Bones in Six Steps

Often considered an irreversible disease, osteoporosis is a debilitating and ultimately fatal condition that puts 200 million adults and children at risk worldwide. But osteoporosis is *not* inevitable, and *Perfect Bones* brings hope to sufferers with a revolutionary all-natural approach that creates the nutritional balance at the core of healthy bones and the body as a whole.

As author Pamela Levin found on her road to recovering her bone health, osteoporosis is a manifestation of the body's attempt to stay healthy. When faced with nutritional deficiencies, the body robs bones of necessary nutrients in order to sustain systems more essential to life than the skeletal system. But given the right building blocks, the body can restore those nutrients and reverse the process of bone degeneration. *Perfect Bones* introduces a groundbreaking plan that includes organic whole food concentrates and whole herbs, thus providing what the body needs to repair bones and improving overall health in the process. Inside you'll find:

- A layperson's discussion of the causes of osteoporosis
- Warning signs for this supposedly "silent" fatal disease
- Current medical options and their side effects
- Dangers of synthetic nutritional supplements
- Safe alternatives to HRT
- A six-point plan for "perfect-ten" balanced bones

Many health professionals recommend a one-size-fits-all treatment of prescription drugs—which have dangerous side effects—or synthetic vitamins—which may lead to health problems. *Perfect Bones* addresses your body's unique needs and places the power to build bones in your hands.

"Thank heavens people are finally paying attention to bone health. This is a great guide." —Ann Richards, former Governor of Texas

PAMELA LEVIN, R.N., is an award-winning nutritional journalist with over 30 years in the health field. Her articles and four other books have been translated into 10 languages and have sold over 100,000 copies worldwide.



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PREFACE

Everybody wants perfect bones, yet fewer and fewer of us have them, especially as we age. Estimates say that in the next few years, 45 million of us will be at risk for developing osteoporosis, a number expected to triple over the next 60 years (to 135 million), and that more of us will die from osteoporosis-related problems than from the top two killers (heart disease and breast cancer) put together!

But it's not only adults - even the next generation is affected. Experts are currently lobbying the World Health Organization to have osteoporosis declared a pediatric onset disease! Is there anything to be done? Is good bone health simply luck, or fate, or some secret known only to a select few? Must we simply resign ourselves to this awful, debilitating, and ultimately death-producing state?

The premise of this book is that indeed, there is much we can do, that the power to have healthy bones is in our own hands, and that the choices we make on a daily basis are central to the outcome for our bones. How is this so?

Osteoporosis has long been considered a disease, the inference being that it results from a body that simply malfunctions, as if such a breakdown were an event about which there is nothing to be done. But if we view osteoporosis as a solution to a bodily problem, a demonstration of the body's natural healing ability, that hopelessness can change. Sick bones are the body's answer to how to maintain homeostatic balance in the face of increasingly difficult challenges. When our bodies rob our bones of their life-giving minerals, for example, they do so to provide these essential substances to areas such as our heart and circulatory system that are more important for sustaining life. This infers that the key to maintaining healthy bones is to provide what the body needs for homeostatic balance so it doesn't have to rob bones to sustain life.

How can we know, then, that our bodies are out of balance and therefore robbing our bones? Finding out may seem a difficult task, for declining bone health has long been labeled the "silent disease." Yet, after completing only a little research, I uncovered 84 different clues that the body is robbing our bones to keep us alive! (See Chapter 1.)

Perhaps we need to rename this "silent disease" the "deaf ear" disease, and conclude that we need to learn, or rather, relearn how to listen.

The National Osteoporosis Foundation has put forth that the number one task before us to stem this tidal wave of sick-boned population is to prevent osteoporosis in the first place, and that the number one way to do this is through diet. Indeed, our nutritional states are the very bones of bone health.

It has been my great pleasure to take up the mantle of nutritional journalist, and gather within these pages the essence of how to go about achieving and maintaining this health-conferring state of nutritional balance. The point is to provide the body with a better way to maintain homeostatic balance than creating porous bones.

We have every reason to believe that the power is in our own hands to create osteoperfecta: Perfect Bones.

Comments from Readers:

"Perfect Bones is an education and revelation...a self-help book that offers real hope for anyone concerned with their bone health." Judith Plant, co-owner of New Society Publishers

"This book offers new insights to "old" ailments. It is a different perspective in finding the path to "good health". Sunny Mehler, Retired Facilitator.....Presently: homemaker

"I leave a copy of Perfect Bones in my waiting room. My patients love the information and easy reading". Corey Cameron-Cooper, DC Chiropractor, CRA instructor.

"I appreciate that this book takes into account the entire body to create Perfect Bones. Reading this book led my husband and me to seek an appointment with Pam. We discovered her nutritional protocols were needed for so many other parts of our bodies low in nutrients which is now leading toward healthy bones". Kit Nelson, dental hygienist

"Until reading "Perfect Bones" I never realized the importance of nutrition in bone health. Pam Levin has a convincing way with words that holds my attention and presents a strong message. This book is a guiding light in a field I think few people are aware of" Lee Mothes, Artist, environmental activist, inventor.

"As a nutritionist and Contact Reflex Analysis practitioner I find "Perfect Bones" an invaluable asset to my practice. It has been able to help my clients understand the process of healing, and the truth that bones can become healthy again. Pam has a wonderful ability to communicate this through her writing. I highly recommend this book to anyone seeking health if not only their bones but the whole body". Sande Julian, PhD, CNC, BCh, Contact Reflex Analysis Practitioner, Certified Nutritional Consultant.

"Clear and practical, this book affirms the human body as a perfect self-healing system if only we would work with it rather than against it. I have recommended it to friends, relatives, clients and, above all, colleagues in the healing professions". Diane Salters, Psychotherapist (Transactional Analyst), BA Hons., Cert.Ed., PTSTA

Pam Levin's book, "Perfect Bones", explains the total "chemical" process for keeping one's bones healthy. It's much more complicated than just taking calcium. Other nutrients must be present also in order for the bones to use calcium. Virginia Siewert - retired teacher and Presbyterian minister.

Pam Levin's Perfect Bones gives us knowledge of how important the care of our bones is to continuing to live a vital and viable life. This knowledge will help us make intelligent choices about our lives and lifestyle. People who read this book will come away with important information based on scientific fact and the author's long personal involvement with empowering people to make life-enhancing choices. Levin's writing is accessible to lay people and provides a powerful road map to those of us who take a personal responsibility for our own health." Val Muchowski, Host and Producer of Women's Voices on KZYX and KZYZ, Public Radio for California's North Coast

"a terrific job and obviously tons of research. I really appreciated the valuable information on all the interconnections of the body's systems. For me, that was worth the price of admission." Jan Classen, Certified Reflexologist

"Fortunately I don't have osteoporosis, but I would feel fully comfortable in recommending this program to my loved ones and friends who do. The author's humility and compassion shine through." J.T., retired psychiatrist

“An intelligent and inspirational book for anyone who wants to regain or maintain good health and strong bones throughout their life. Perfect Bones is a goldmine of insights and practical information that cuts through medical jargon and empowers the reader to achieve the life of physical vitality and well being they hope for. I confidently recommend this book to my clients, colleagues and friends.” B.M. Psychotherapist and Consultant

*“Pam’s book offers a **whole system approach** to understanding and treating osteoporosis and connective tissue deficiencies. **It is more than taking additional calcium!**”* Jan Elliott LCSW, Psychotherapist private practice *“Thank you so much for this book – you’re a great writer and your contributions - even vegetarian regimens -are just phenomenal!”* Sally J, reader, California

“I so much appreciate and value this book - I was almost in tears – It’s simple, direct, understandable and not too filled with facts, gets right to the point, warm, flowed beautifully, not too scientific.” Reader, California

“Congratulations! This is excellent - clear, well-organized and loaded with good information.. I could hardly put it down...” reader, California

“I highly recommend Pam Levin's book Perfect Bones. Health professionals will appreciate the amazing job that Pam has done compiling and interpreting statistics and important data concerning osteoporosis as a pending national disaster. These statistics help physicians and other health professionals drive home the importance of regular examinations and improved nutrition to patients who can benefit.

Lay readers and patients will appreciate Pam's uncomplicated discussion of the facts of their physiology that their doctors do not have time to explain in such great detail. It is easier for patients to understand how to take care of themselves and why improved nutrition is important when they understand how their bodies work.

Both professionals and lay readers will appreciate the easily readable style Pam uses in the communication of such important information. Fortunately, Pam speaks and writes with the compassion of a dedicated nurse who has learned from personal experience what people need in order to build Perfect Bones! “ Doctor of Veterinary Medicine, California.