

Secrets To Preventing Osteoporosis

Trevor Justice Interviews Michael Klaper, MD

Notes:

- 1) Most of the students on this particular Q&A call were vegans, so Dr. Klaper addressed his answers to them. However, if you're an omnivore or ovo-lacto vegetarian, you'll still learn plenty.
- 2) While discussing Vitamin D on the Q&A, Trevor refers to a website called "www.multivitamin.com". But the correct URL is actually www.veganmultivitamin.com
- 3) When Dr. Klaper refers to pH balance, please refer to Lesson 2 of our Mastery Program, **"Maintaining a Healthy pH Balance"**. It includes a table showing you which foods are acid-forming, and which are alkaline-forming.

Outline for this Q&A call:

- 1) The surprising "reverse" correlation milk consumption and osteoporosis
- 2) Why bone density test results are NOT a true indicator of osteoporosis
- 3) Does fluoridated water strengthen your bones or deteriorate them?
- 4) What affects bone strength besides calcium
- 5) Why acid-forming foods cause your body to leech calcium from your bones
- 6) Which food groups are acid-forming and which are alkaline forming
- 7) What causes calcium loss and can't be fixed with supplements
- 8) Why most people can no longer rely on sunshine for Vitamin D
- 9) How to know for sure if you're getting enough Vitamin D
- 10) Which foods contain animal-based Vitamin D3, which can come from the skins of cows or pigs
- 11) Which foods and condiments put your bones at risk
- 12) Simple bone-strengthening exercises you can do without a gym membership
- 13) Which foods are rich in the other nutrients crucial for strong bones
- 14) A special garment you can wear while walking to get double the benefit
- 15) Walking, running, dancing, bicycling, swimming... which of these strengthen bones and which don't?
- 16) When are x-rays and bone density tests deceptive?
- 17) The difference between bone density and bone strength, and which matters most
- 18) How to improve your balance so you're far less likely to fall
- 19) Simple home furnishing tips that dramatically affect your risk of falling

Which of These Programs and Books Do You Need Most?



[Vegetarian Mastery Program.](#)

50 lessons that teach you how to thrive on a vegetarian diet and stop being vulnerable to deficiencies. Each lesson contains a written component and a recorded interview with a guest expert. You can even earn a Vegetarian Nutrition

Certificate. Includes delicious recipes that employ our “magic” food combinations, so you absorb more vitamins and minerals from your meals.

[Vegan Mastery Program](#) (OR) [High Raw Mastery Program.](#) Similar but for these specific diets.



[Naturally Fit Forever.](#) Tired of quick fix diets that don’t last? Lose weight permanently eating delicious whole food meals. You get low-fat, gluten-free menu plans, grocery lists, Sunday “make ahead” lists and recipes. Plus, emotional support and fat-melting, bone strengthening video workouts.

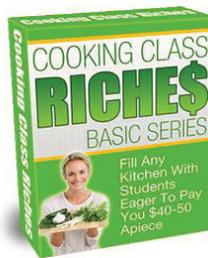
[Gluten and Dairy Free Whole Food Meal Plans.](#)

Never again worry that you’re getting too little nutrition. Each day’s menu meets the USRDA for calcium, iron, magnesium, potassium, protein, selenium, zinc, vitamins A, C, E, and K, and most B vitamins. Receive menu plans, grocery lists, Sunday “make ahead” lists, and delicious whole food recipes that you can prepare in under 30 minutes.



[Willpower Made Easy.](#) Created by a psychologist (who has previously struggled with her own weight), this program helps you overcome cravings, emotional eating, guilt, blame, shame, and unsupportive friends and relatives.

[Raw Rejuvenation Cleanse.](#) Cleanse and rejuvenate yourself with raw foods in just 21 days. Includes menu plans, grocery lists, Sunday “make ahead lists” and recipes. Each day’s menu meets the USRDA for calcium, iron, magnesium, potassium, protein, selenium, zinc, vitamins A, C, E, and K, and most B vitamins. And unlike most raw menu plans, only 25% of the calories in our menu plan come from fat.



[Cooking Class Riches.](#) Would you like to make money teaching cooking classes, coaching people or selling recipe books? Top chefs, educators, and coaches spill the beans on how they got started, how they became popular, and how you can follow in their footsteps. Learn to attract

students eager to pay you \$40-50 apiece, and make big money coaching people, broadcasting your classes over the Web, and selling books, teleclasses, videos, and more.

[Raw Food Riches.](#) Same as above – for raw food educators and those who aspire to be.

[Vegetarian Nutrition Guide.](#) Would you like to thrive on a vegetarian diet and stop being vulnerable to vitamin and mineral deficiencies? This nutrition guide, called “How Vegetarians Get Calcium, Iron, Protein, A, B12 & D”, reveals the top food sources for each nutrient. It also includes tips for absorbing more nutrition from your meals.

[Vegan Nutrition Guide.](#) Same as above -- but for vegans.



[The Secret To Being Fit Forever.](#)

Have trouble losing weight permanently? The food industry creates high calorie foods that starve you for nutrients and leave you hungry. So overeating is the only way to feel full. Despite getting enough calories, your body thinks it’s starving. When this happens, you get hungrier,

your metabolism slows down, you stop burning fat, and you crave sugar and fattening foods. This fascinating book reveals the solution.

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