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The bone collector movie 2020

The density of your bones is directly tied to how strong they are. It's important to have strong bones, because this helps lower your risk for injuries. If you have low bone density, you can improve it with a few lifestyle changes.What Is Bone Density?Your bones are living tissue that continually change, break down and rebuild, explains American Bone Health. This evolution is called "remodeling," and it involves removal of the old bones and building of new bones to take their place. Your entire skeleton is estimated to fully remodel every 10 years. The density of your bones is the mass or strength of the skeleton, which directly correlates to your overall bone health, according to MedlinePlus.How Is Bone Density Lost?During childhood, adolescence and early adulthood, bone growth and replenishment is active. By around the age of 30, most adults will settle into a balance between bone loss and bone growth, which lasts until about age 51 for women and age 70 for men, explains American Bone Health. After reaching this advanced age, it's common for the rebuilding phase to decline, which usually means that people lose bone density and mass.Bone density loss can be blamed on a number of factors, including disease, medications, poor diet, alcohol consumption, smoking and a loss of sex hormones.Options for Building Bone DensityPhysicians have some treatment options to help patients build bone density. Bisphosphonates are a common prescription medication for treatment, and some doctors will also recommend hormone therapy for both prevention and treatment. If hormone therapy is recommended, current treatment recommendations point to low doses for the shortest time possible, advises the Mayo Clinic.Take a Bone Density TestA bone density test determines whether you have bone loss and potentially osteoporosis, a disease that leads to weak bones.A bone density test is painless and takes only moments. You don't have to do anything to prepare for the test, although you might need to stop taking calcium supplements before the test, advises Mayo Clinic.A machine measures the density of bones at the furthest points in your skeleton. You'll get a T-score and a Z-score, which your doctor will analyze.Building Bone Density NaturallyYou can take steps to build bone density naturally with some lifestyle changes, encourages the National Osteoporosis Foundation.Engage in regular weight-bearing exercises such as walking, tennis and jumping rope. Lift weights or use weight machines regularly too.Add fresh fruits and vegetables to your diet, as well as high-quality protein and high-calcium foods. You might also take a collagen supplement to improve overall bone health, advises Healthline. MORE FROM QUESTIONSANSWERED.NET Russell Hornsby, Michael Imperioli, and Arielle Kebbel in Lincoln Rhyme: Hunt for the Bone Collector (NBC) The Bone Collector, the first novel in the popular Lincoln Rhyme crime thriller series by author Jeffery Deaver, was adapted into a big, splashy movie starring Denzel Washington and Angelina Jolie back in 1999. It wasn't very good (it has a Rotten Tomatoes rating of 28%). Two decades later, believing it to still have some name recognition value worth milking, the property has been adapted into a TV series for NBC under the awkward title Lincoln Rhyme: Hunt for the Bone Collector. Alas, this new version is no better than the film adaptation. For the small screen iteration, Oscar-winning superstar Denzel Washington has been replaced by Russell Hornsby, who played the dutiful cop sidekick on six seasons of NBC's Grimm. No disrespect to Hornsby, who's a fine actor (he did some good work on Lincoln Heights back in the day), but he's no Denzel Washington. That proves problematic when taking on a character like Lincoln Rhyme, a brilliant police pathologist who's always the smartest person in the room and won't let anyone forget it. At least in the show's pilot episode, Hornsby portrays the character as an insufferable, know-it-all ass. Washington did a better job of modulating his performance so that the character came across as prickly but still ultimately likable. The TV Rhyme has little to like so far. Some of the plot details have been changed around a bit, but the gist of the story remains the same between the movie and the TV show (and presumably the original book, which I haven't read). While investigating a crime scene, Rhyme is injured on the job and left quadriplegic, only able to move his head and one finger. After years bedbound, he's called back to duty by his former partner (Michael Imperioli), who needs his help analyzing the details of a new murder believed to be the work of a serial killer. Despite her inexperience with forensics and resistance to his bullying nature, Rhyme insists on working closely with the first officer on the scene, young beat cop Amelia Sachs (formerly Angelina Jolie, now Arielle Kebbel). Soon enough, Lincoln has a full forensics lab with a team of assistants operating out of his living room, while Amelia functions as his eyes and ears in the field. To accomplish this, the series updates some of the film's clunky old computer technology with a high-tech (yet unobtrusive) VR camera rig for Amelia and a fancy, multi-screen viewing monitor for Lincoln to watch everything she does. To make sure Hornsby the actor has some opportunity to get up and walk around rather than lying in bed or sitting in a wheelchair the entire series, the show also creates plenty of excuses to flash back to Lincoln's early days on the police force. In perhaps the biggest change to the material, the Bone Collector himself (Brian F. O'Byrne) is a known quantity right from the start, not a newly discovered killer. Viewers learn his identity up front and even see some of his home life. The show also makes the connection between Lincoln and the killer more direct and personal. No longer paralyzed in a random accident, Rhyme falls into a trap while chasing the Bone Collector, and thirsts for payback when he believes his nemesis is back at work. This feels pretty hackneyed, but no more so than the rest of the plotting. One big thing the movie and the TV show have in common is the complete absurdity of their plots. The story is filled with dumb clichés and ridiculous contrivances. Of course the killer will leave a string of obscure clues taunting the police (and specifically Lincoln) to catch him. Of course the solution to his puzzles will rely upon the hero having an encyclopedic knowledge of not just science and psychology, but also history, geography, and the imprint logos of long defunct 19th Century book publishers. (Fine, that last detail is only in the movie, but the TV show serves up some equally silly foolishness.) Of course the killer will barely slip through the cops' fingers time and again. The movie version barely held all this nonsense together with the magnetism and charisma of Denzel Washington at his prime and Angelina Jolie right as she was flowering into stardom. Again, Russell Hornsby is not a bad actor. However, he is decidedly a supporting player. And despite a fairly lengthy filmography, Kebbel feels virtually indistinguishable from a dozen other spunky young heroines on a dozen similar network dramas. If she were out sick and Megan Boone had to step into the role for a week, I doubt anyone would notice. The original novel by Jeffery Deaver was successful enough to spawn a long string of sequels featuring the Lincoln Rhyme character. The material must read better on the page than it has fared in either of its Hollywood adaptations. Some of those follow-up books will undoubtedly get mined for the plots to future episodes. By the end of the pilot, it becomes clear that the intention for this Lincoln Rhyme series is to be a formulaic serial-killer-of-the-week procedural with the Bone Collector hovering in the background, always just out of reach. To that end, this is certainly no Hannibal. It completely lacks that much-superior show's artistry or psychological depth. Frankly, it doesn't even compare well to the middling late-'90s thriller that already covered this story, and that wasn't a very high bar to clear. People are talking about Lincoln Rhyme: Hunt for the Bone Collector in our forums. Join the conversation. Josh Zyber has written about TV, movies, and home theater for the past two decades. Most recently, he spent more than nine years managing a daily blog at High-Def Digest. Score: 0% Rank: Correct Answer: Mandatory Credit: Photo by Michael Buckner/Variety/Shutterstock (10523392ap) Peter Traugott, Rachel Kaplan, Russell Hornsby, Arielle Kebbel, Michael Imperioli and Barry O'Brien of NBC's "Lincoln Rhyme: Hunt for the Bone Collector" NBC Universal TCA Winter Press Tour, Panels, Los Angeles, USA - 11 Jan 2020 Rex Shutterstock The first question from TV journalists at today's TCA panel on NBC's new series, Lincoln Rhyme: Hunt for the Bone Collector, was, well, what's up with that title? The series, which made its debut Friday, is based on Jeffery Deaver's Bone Collector book series. The first book in that series was also the basis of the 1999 feature film The Bone Collector starring Denzel Washington as quadriplegic Detective Lincoln Rhymes. The new TV series was first announced as Lincoln, then acquired the lengthy new title, which does not exactly lend itself to headlines and social media. However, the show's executive producers pointed out that people tended to confuse the name first with the President, second with the car. In addition, EP Barry O'Brien said the new title leaves the door open to expand the story across multiple platforms. And, "We found that a more dynamic, fuller title brought all viewers into the story," he added. The EPs did not reveal which of Deaver's other killers might show up in the story. But O'Brien did acknowledge in response to a question from a book fan that Deaver's Skin Collector and the Vanished Man characters would be good choices. The producers made some changes from the first book, including nixing the romantic relationship between Rhyme and Kebbel's character, NYPD officer Amelia Sachs, in favor of leaving the door open for Rhyme to reconcile with his ex-wife and child. Rhyme is also not suicidal over the accident that leaves him a quadriplegic. "That felt like a little too dark a place to start," Kaplan said. The producers did not tease a first season story arc, but said each episode will have a closed procedural story. Unlike the pilot, producers said the series would very rarely flash back to Rhyme's days before his accident, and the story would be dominated by the current story line. One nod toward the future: Traugott said the "toe wiggle" in the pilot would be dealt with. Subscribe to Deadline Breaking News Alerts and keep your inbox happy.

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