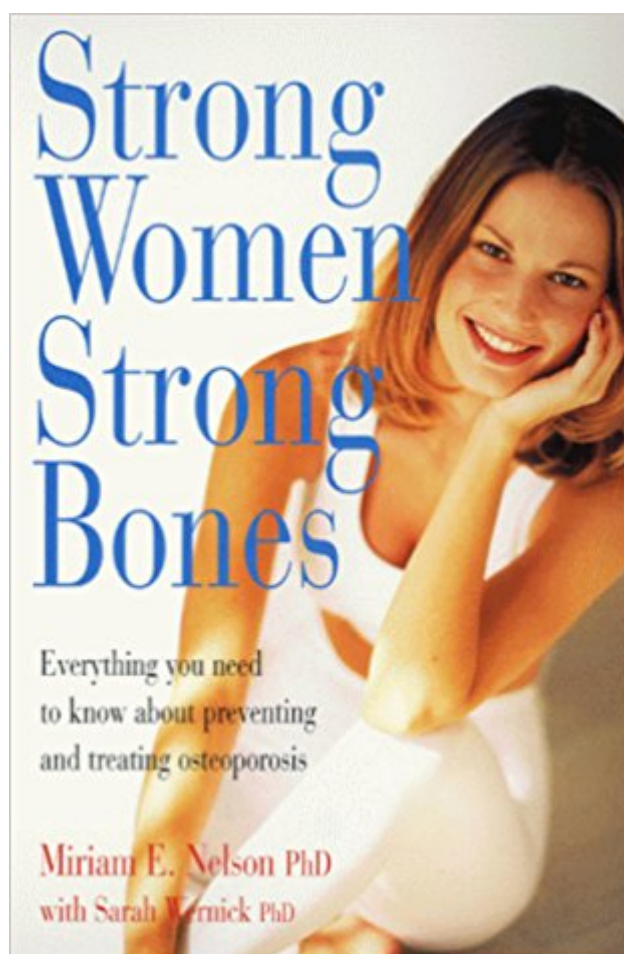


The book was found

Strong Women, Strong Bones: Everything You Need To Know About Preventing And Treating Osteoporosis



Synopsis

In the UK, one in three women and one in 12 men will develop osteoporosis. Written by an expert, this user-friendly, illustrated guide details simple steps to strengthen bones in order to prevent this debilitating disorder, as well as advice on medication and nutrition.

Book Information

Paperback: 336 pages

Publisher: Piatkus Books (August 24, 2000)

Language: English

ISBN-10: 0749921382

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Package Dimensions: 9.1 x 6 x 1 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,120,707 in Books (See Top 100 in Books) #83 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #2658 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

My family doctor recommended the book. The book certainly has all the information needed if guidelines and recommendations are rigidly followed and will I believe prevent and treat osteoporosis with correct diet, nutrients and exercise.

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Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition
Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis
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