

Understanding, Preventing And Overcoming Osteoporosis - , Gillian Tidey

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With the help of this book you can: * Learn how to prevent osteoporosis * Improve your chances of increasing your bone strength and health if you suffer from osteoporosis * Discover how to get the best out of orthodox medicine * Educate yourself about the fundamental importance of diet and lifestyle, with seven Food Factors and eight Lifestyle Factors, aimed at improving your bone health, appearance and outlook. * Follow a new dietary regime based on delicious recipes * Above all, discover a diet and lifestyle that will empower you to prevent and combat the disease. Author: Plant, Jane Author: Tidey, Gillian Publisher: Virgin Digital Illustration: N Language: ENG Title: Understanding, Preventing and Overcoming Osteoporosis Pages: 00320 (Encrypted EPUB) On Sale: 2012-05-01 SKU-13/ISBN: 9780753508930 Category: Family & Relationships : General Category: Health & Fitness : General

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