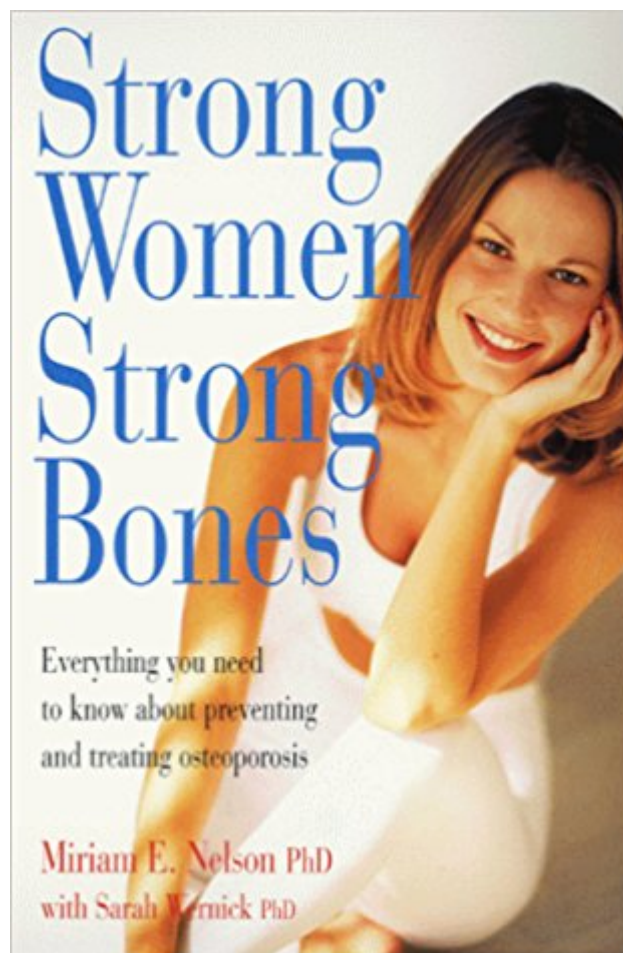




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Strong Women, Strong Bones: Everything You Need To Know About Preventing And Treating Osteoporosis



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

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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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