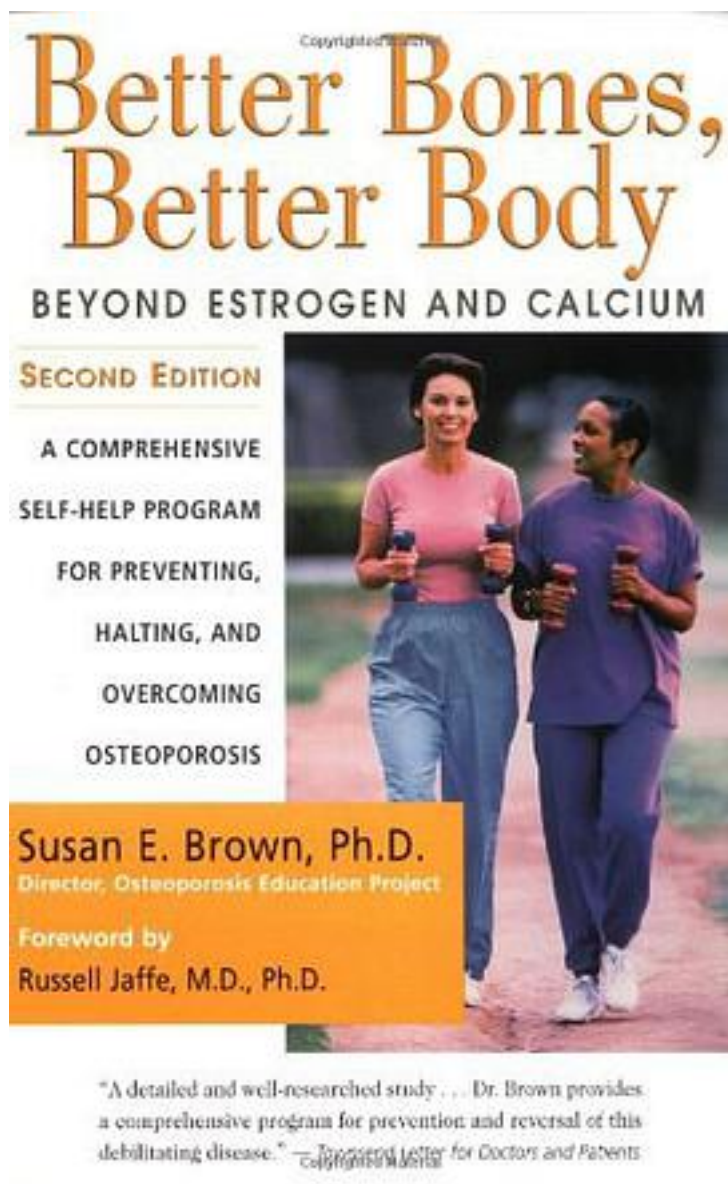


Better Bones, Better Body



[Better Bones, Better Body 下载链接1](#)

著者:Willam H Philpott\Dwight K Kalita

出版者:McGraw-Hill/Contemporary Books

出版时间:2000-4

装帧:Pap

isbn:9780658002892

Challenging traditional assumptions that estrogen and calcium deficiencies are the only causes of osteoporosis, this book explores the disorder from a wider perspective that includes lifestyle and exercise. This newly revised second edition features a personal osteoporosis risk assessment questionnaire and a step-by-step program for strengthening bones and improving overall health and well-being.

作者介绍:

目录:

[Better Bones, Better Body_ 下载链接1](#)

标签

评论

[Better Bones, Better Body_ 下载链接1](#)

书评

[Better Bones, Better Body_ 下载链接1](#)