

Understanding, Preventing and Overcoming Osteoporosis



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More than 10 million individuals have osteoporosis in the US today. 18 million more have low bone mass, placing them at increased risk of developing the disease. This revolutionary guide shows how new science indicates that the overwhelming cause of the disease is the Western diet and lifestyle, and that it is possible to reduce our risk of developing it and to prevent further degeneration in sufferers. Includes practical advice, meal plans and recipes.

作者介绍:

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