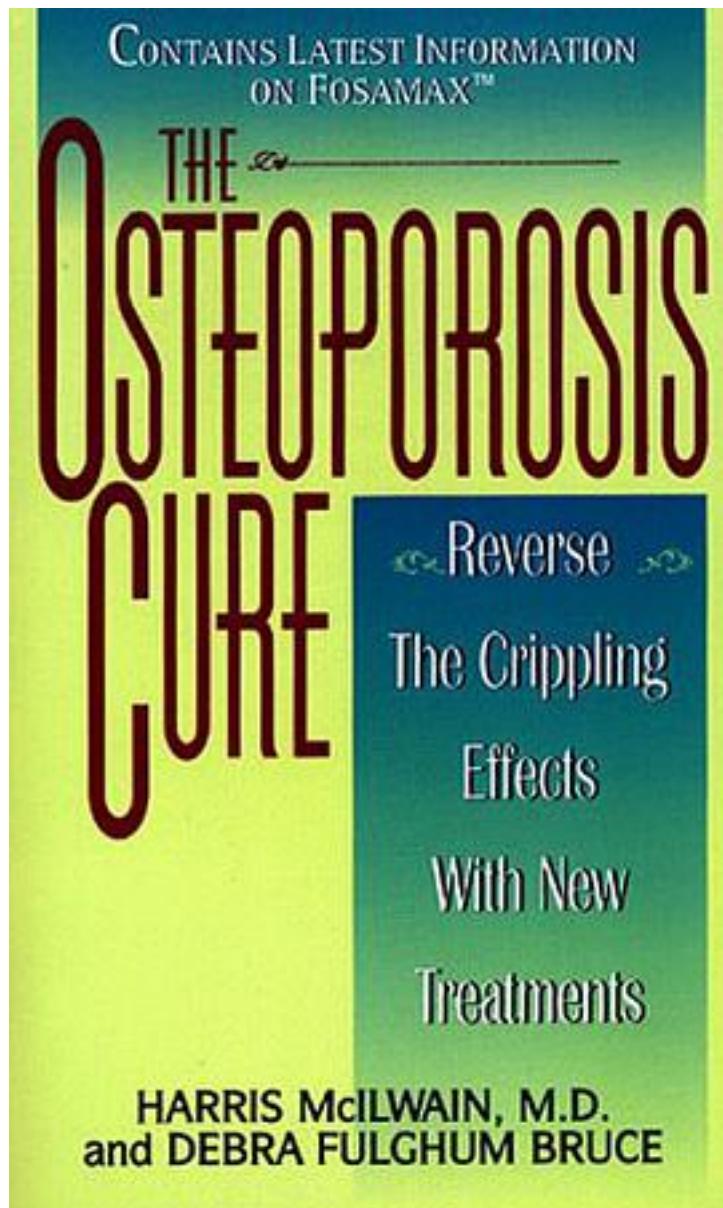


# The Osteoporosis Cure



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Once considered a progressive, incurable disease, osteoporosis can be prevented and/or treated in both early and later stages thanks to recent breakthroughs and medical developments. Now a medical doctor tells you what you can do to head off the crippling effects of this disabling illness. Find Out: What are the symptoms of osteoporosis? What are the factors that put you at risk? Which common medications can increase your risk? Should you take estrogen for the prevention of osteoporosis? How is osteoporosis diagnosed? Who should get a bone-density test and what does it involve? What new bone-restoring drug has recently become available? What part do diet and exercise play in the prevention and cure of osteoporosis? What steps can you take to keep your bones strong and healthy Plus: Nutritional bonebuilders to add to your diet Simple bone strengthening exercises And Much More!

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