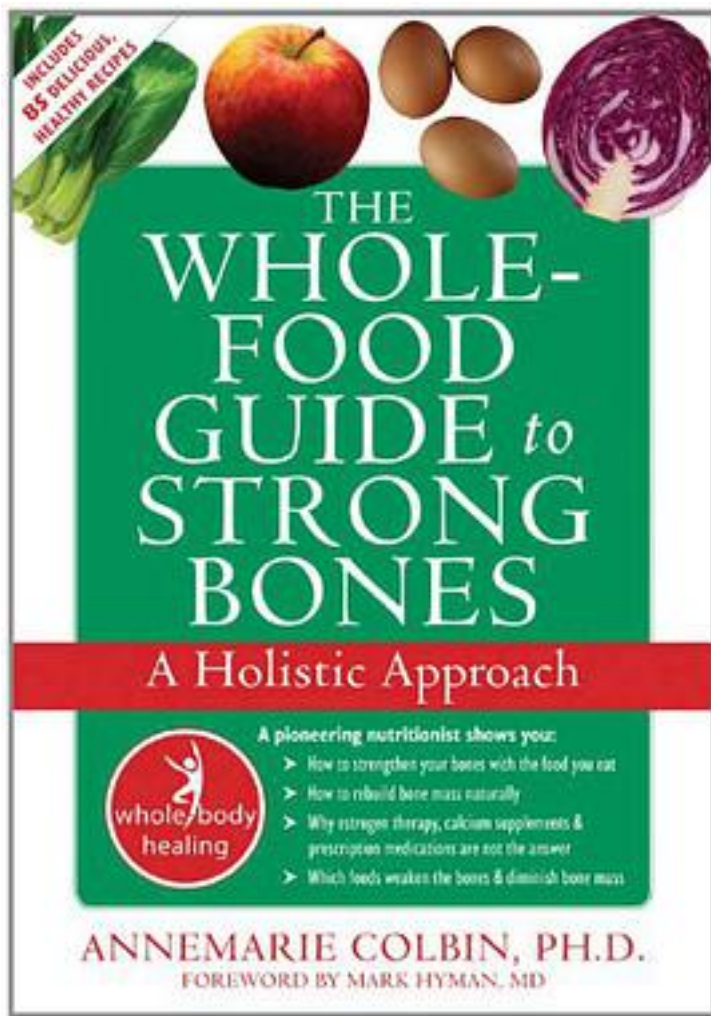


Whole Foods for Strong Bones



[Whole Foods for Strong Bones_下载链接1_](#)

著者:Colbin, Annemarie

出版者:

出版时间:2009-3

装帧:

isbn:9781572245808

It's essential to maintain strong bones to keep an active lifestyle, but aside from taking

a daily calcium supplement, is there really anything you can do to improve your bone health? With this complete program for stronger bones created by health educator Annemarie Colbin, you'll learn the best foods to eat to build bone mass and find out which foods actually weaken bones. In The Whole-Food Guide to Strong Bones, you'll also discover how exercise and finding personal balance can improve your health and prevent fragility fractures, menopause-related bone loss, and osteoporosis.

Learn: What puts you at risk for bone fractureWhy medication and estrogen therapy may not work for youHow the nutrients in whole foods build bone mass85 easy recipes that maximize the bone-building effects of whole foods

作者介绍:

目录:

[Whole Foods for Strong Bones_ 下载链接1_](#)

标签

评论

[Whole Foods for Strong Bones_ 下载链接1_](#)

书评

[Whole Foods for Strong Bones_ 下载链接1_](#)