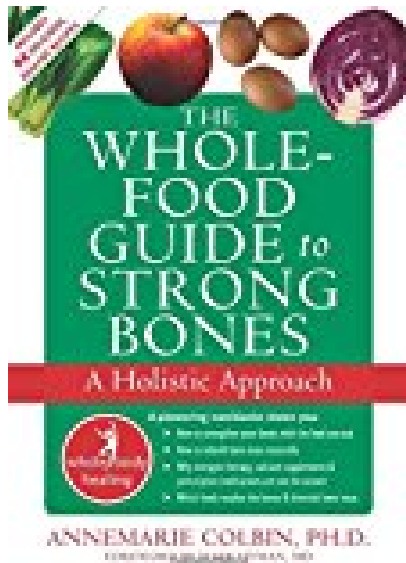


The Whole-Food Guide to Strong Bones A Holistic Approach The New Harbinger Whole-Body Healing Series



BOOK DETAILS

- Author : Annemarie Colbin
- Pages : 272 Pages
- Publisher : New Harbinger Publications
- Language : English
- ISBN : 1572245808

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BOOK SYNOPSIS

Its 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, youll 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, youll 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 fracture Why medication and estrogen therapy may not work for you How the nutrients in whole foods build bone mass 85 easy recipes that maximize the bone-building effects of whole foods

THE WHOLE-FOOD GUIDE TO STRONG BONES A HOLISTIC APPROACH

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