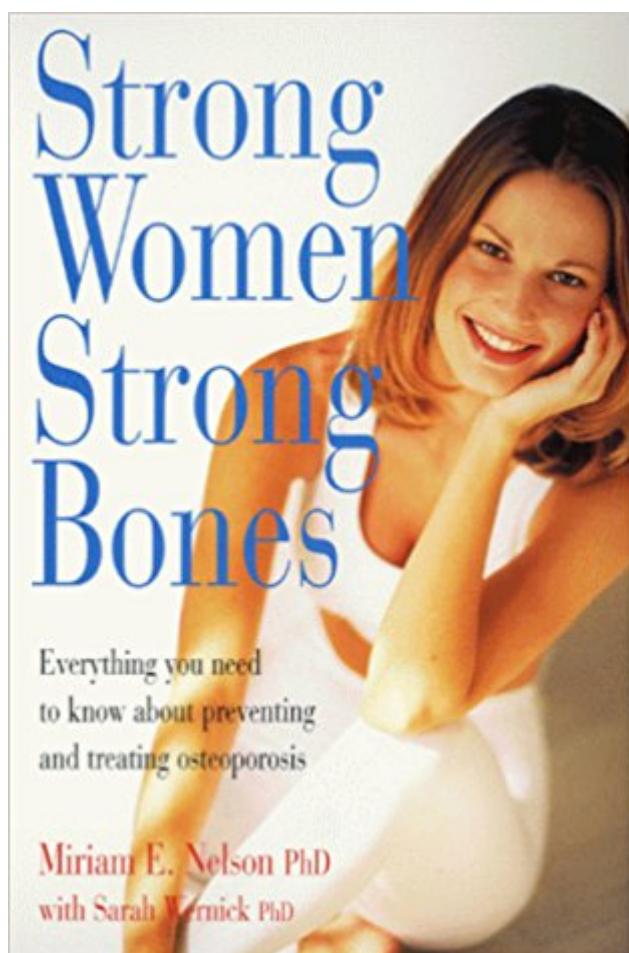


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# **Strong Women, Strong Bones: Everything You Need To Know About Preventing And Treating Osteoporosis**



## Synopsis

In the UK, one in three women and one in 12 men will develop osteoporosis. Written by an expert, this user-friendly, illustrated guide details simple steps to strengthen bones in order to prevent this debilitating disorder, as well as advice on medication and nutrition.

## Book Information

Paperback: 336 pages

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Language: English

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Shipping Weight: 1.2 pounds

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,120,707 in Books (See Top 100 in Books) #83 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #2658 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

My family doctor recommended the book. The book certainly has all the information needed if guidelines and recommendations are rigidly followed and will I believe prevent and treat osteoporosis with correct diet, nutrients and exercise.

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