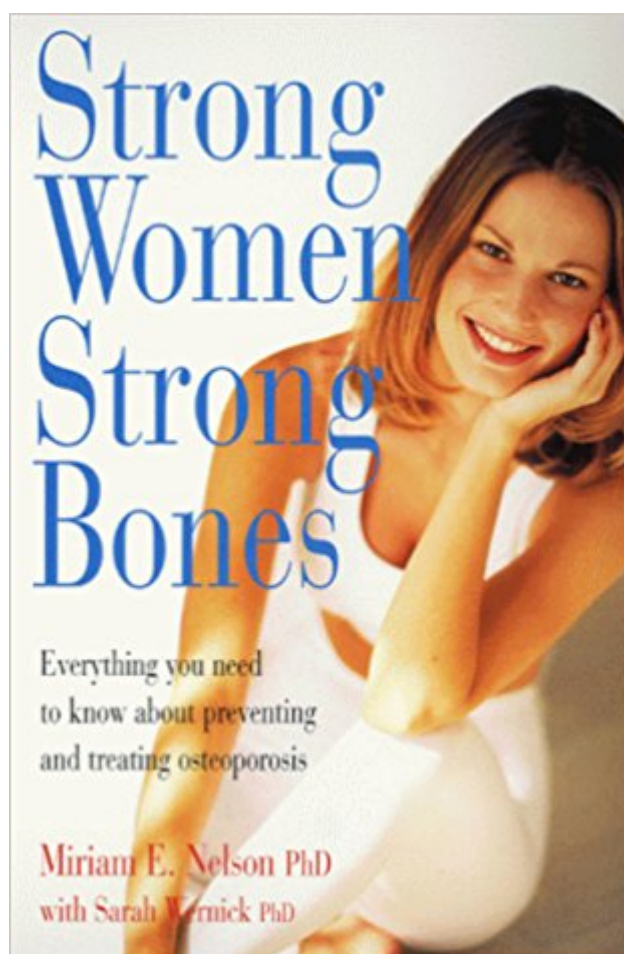


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# Strong Women, Strong Bones: Everything You Need To Know About Preventing And Treating Osteoporosis



## 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

Publisher: Piatkus Books (August 24, 2000)

Language: English

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Package Dimensions: 9.1 x 6 x 1 inches

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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Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure)  
Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition  
Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis  
Your Bones: How You Can Prevent Osteoporosis and Have Strong Bones for Life  
Naturally Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life  
Naturally All About Osteoporosis, A Book That Tells All You Need To Know About Osteoporosis  
Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2)  
Law 101: Everything You Need to Know

About American Law (Law 101: Everything You Need to Know about the American Legal System)  
Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) American Medical Association Guide to Preventing and Treating Heart Disease: Essential Information You and Your Family Need to Know about Having a Healthy Heart American Medical Association Guide to Living with Diabetes: Preventing and Treating Type 2 Diabetes - Essential Information You and Your Family Need to Know Resolving Osteoporosis: The Cure & Guide Book: A Referenced Guide to Your Body, Life, Mind, Bones, Prevention and Diet While Dealing With Osteoporosis Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions Mayo Clinic Guide to Preventing and Treating Osteoporosis Stand Tall! Every Woman's Guide to Preventing and Treating Osteoporosis Everything You Need to Know When Someone You Know Has Been Killed (Need to Know Library) Better Bones, Better Body: A Comprehensive Self-Help Program for Preventing, Halting and Overcoming Osteoporosis Healthy Bones & Joints: A Natural Approach to Treating Arthritis, Osteoporosis, Tendinitis, Myalgia & Bursitis Healthy Bones & Joints: A Natural Approach to Treating Arthritis, Osteoporosis, Tendinitis, Myalgia & Bursitis (Storey Medicinal Herb Guide)

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