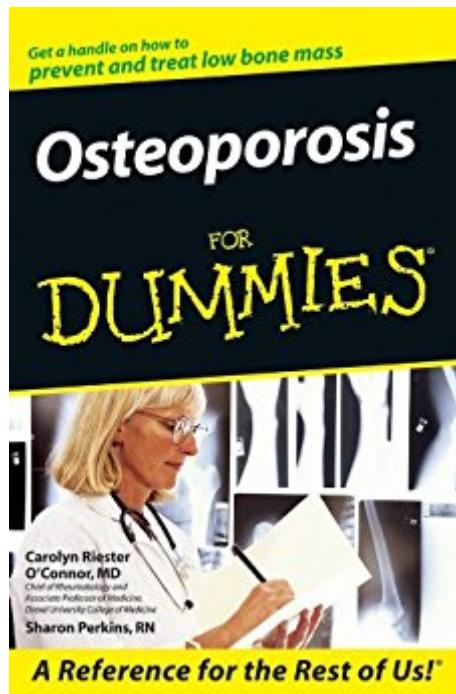


The book was found

Osteoporosis For Dummies



Synopsis

Facts and advice to help people understand and prevent osteoporosis There are an estimated 55 million Americans over the age of 50 who have low bone mass. This easy-to-understand guide helps readers assess their risk and find a practical approach to the diagnosis, treatment, and prevention of osteoporosis. It covers bone density tests and a wide range of treatment options for osteoporosis-from hormone replacement therapy and acupuncture to calcium-rich foods, supplements, and exercise-and offers pointers on preventing broken hips and other common fractures.

Book Information

File Size: 2552 KB

Print Length: 316 pages

Publisher: For Dummies; 1 edition (May 29, 2007)

Publication Date: May 29, 2007

Sold by: Digital Services LLC

Language: English

ASIN: B000Y1AD8Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #394,401 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #52 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #97 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

Customer Reviews

Answered my questions and was easy to understand.

Has good information regarding osteoporosis, what may cause it, medications etc. other areas of focus should be on exercise and importance of body mechanics to prevent risk of compression fractures.

This book gives very clear, easy to understand information about Osteoporosis and everything that you need to know to prevent it or live with it with including foods, meds, and resources for help you may need. Very good for someone just diagnosed with it to prevent it from getting worse and causing fractures.

Safe, sound MD advice, clear as a bell.

This book is all you need to understand and treat osteoporosis. Includes food, exercises, explanations and much, much more. Thanks

The reason to for this purchase is to educate my mother who is suffering from Osteoporosis. She is pleased and most grateful for this book.

this price is valuable. send to my son, Amazing customer service and a great product. delivery on time receive it next day . love it .

This book was a wealth of information to start my search for what I can do with my doctor to prevent osteoporosis. I would recommend this book to anyone who wants to get a medical overview of the disease, drugs for reducing bone density loss, dietary and supplemental information.

[Download to continue reading...](#)

Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life
(Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs Resolving Osteoporosis: The Cure & Guide Book: A Referenced Guide to Your Body, Life, Mind, Bones, Prevention and Diet While Dealing With Osteoporosis All About Osteoporosis, A Book That Tells All You Need To Know About Osteoporosis Vitamin K: Understanding The Healing Powers Of A Little Known Vitamin (Vitamin K, Vitamin K2, vitamin k2 and the calcium paradox, vitamin K and the calcium paradox, osteoporosis, osteoporosis cure) 7 Secrets to Prevent or REVERSE Osteoporosis and Osteopenia: How I Reversed Osteoporosis Naturally Without Drugs And How You Can Too!. Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) Osteoporosis For Dummies Canon EOS Rebel T6/1300D

For Dummies (For Dummies (Lifestyle)) Photoshop Elements 15 For Dummies (For Dummies (Computer/Tech)) Digital SLR Photography All-in-One For Dummies (For Dummies (Computers)) Canon EOS 80D For Dummies (For Dummies (Lifestyle)) Canon EOS Rebel T7i/800D For Dummies (For Dummies (Computer/Tech)) Diabetes and Carb Counting For Dummies (For Dummies (Lifestyle)) Asthma For Dummies (For Dummies (Health & Fitness)) Detecting and Living with Breast Cancer For Dummies (For Dummies (Lifestyle)) Arizona For Dummies (Dummies Travel) Colorado & the Rockies For Dummies (Dummies Travel) Nikon D3400 For Dummies (For Dummies (Lifestyle)) GoPro Cameras For Dummies (For Dummies (Lifestyle))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)