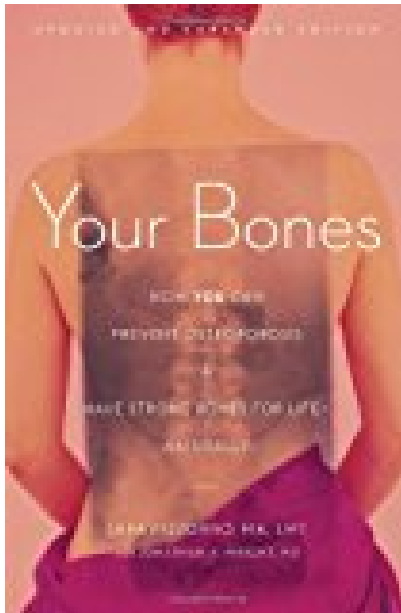


Your Bones How You Can Prevent Osteoporosis and Have Strong Bones for Life Naturally



BOOK DETAILS

- Author : Lara Pizzorno
- Pages : 480 Pages
- Publisher : Axios Press
- Language : English
- ISBN : 160766013X

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BOOK SYNOPSIS

Your Bones contains everything in one book that you need to know in order to have healthy bones, providing scientifically based advice which highlights natural prevention and treatment strategies to address bone loss. This edition includes many new studies on the dangers of the bisphosphonate drugs and an in depth discussion of two new drugs with potential adverse effects. Also new is more information on bone-busting patent medicines, calcium supplementation options, strontium, vitamin K2 and zinc, as well as a section on bone-building exercise.

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