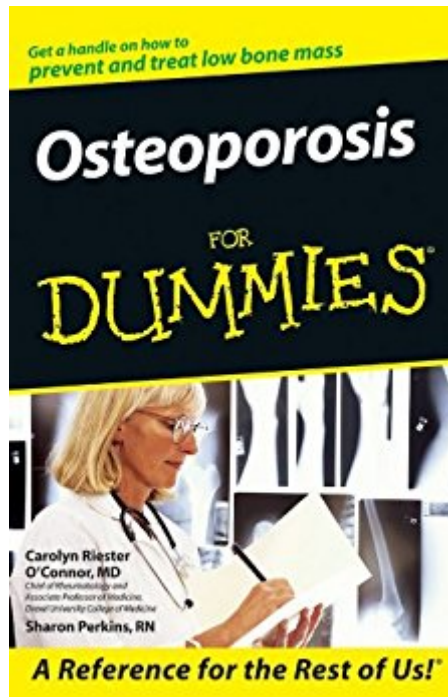


The book was found

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:Â 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: #920,386 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Osteoporosis #130 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments >

Osteoporosis #263 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

Customer Reviews

One easily finds needed information about osteoporosis through the user-friendly format of the Dummies guide. Large print headings, symbols in the border(warning, tip, remember, technical stuff) and checklists make the info accessible. Having recently been horrified to be told I have osteoporosis, this book tells me what I needed to know. The section headings give you an idea of the coverage: *Understanding Your Bones* Keeping Your Bones Healthy

(eating/exercising)*Diagnosing and Treating OsteoporosisSome top ten lists fill out the book, plus a state-by-state review of osteoporosis programs and a glossary.Armed with the knowledge from this book, you can take an active role in managing your osteoporosis.

How nice to finally read a medical book not cloaked in jargon that needs a university degree to comprehend. Authors O'Connor and Perkins have taken the topic of osteoporosis and written a book - in normal English -that explains it in terms everyone can understand. From the causes and symptoms to the foods and exercises that help control osteoporosis, this is THE book that anyone who suffers from it, or knows someone who suffers from it, should read!

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

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.

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

Osteoporosis: Osteoporosis Guide To Reducing Osteoporosis Pain And Symptoms Related To Osteoporosis Including Strategies For Managing Osteoporosis, Living ... Osteoporosis (Osteoporosis Prevention) Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Osteoporosis Diet: Osteoporosis Diet Guide To Preventing Osteoporosis And Improving Bone Strength By Adhering To The Osteoporosis Diet And Following The Osteoporosis Diet Nutritional Guidelines Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs The Osteoporosis Diet: A Complete Diet Guide for People with Osteoporosis (Causes, Diet, Nutrition, Supplements, Exercises and Other Remedial Measures) Reverse Osteoporosis in 30 Days: Osteoporosis Reversal in 30 Days: Rehabilitation for Long-Term Health Osteoporosis: How to Effectively Control and Manage Osteoporosis to Rid It From Your Life Forever Osteoporosis For Dummies Mushrooms: A New Ultimate Guide to Growing Mushrooms at Home For Dummies: (Mushroom Farming, How to Grow

Oyster Mushrooms, Edible Mushrooms) (Farming For Dummies, Gardening For Dummies Book 2)
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
Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer,
Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for
Males) Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat
Osteoporosis, Updated Edition The Healthy Bones Nutrition Plan and Cookbook: How to Prepare
and Combine Whole Foods to Prevent and Treat Osteoporosis Naturally The Whole-Body Approach
to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New
Harbinger Whole-Body Healing Series) Building Bone Vitality: A Revolutionary Diet Plan to Prevent
Bone Loss and Reverse Osteoporosis--Without Dairy Foods, Calcium, Estrogen, or Drugs Strong
Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis
Exercise for Better Bones: The Complete Guide to Safe and Effective Exercises for Osteoporosis
Giant Book of Kitchen Counter Cures: 117 Foods That Fight Cancer, Diabetes, Heart Disease,
Arthritis, Osteoporosis, Memory Loss, Bad Digestion and ... Problems! (Jerry Baker Good Health
series) The Myth of Osteoporosis: What every woman needs to know about creating bone health

[Dmca](#)