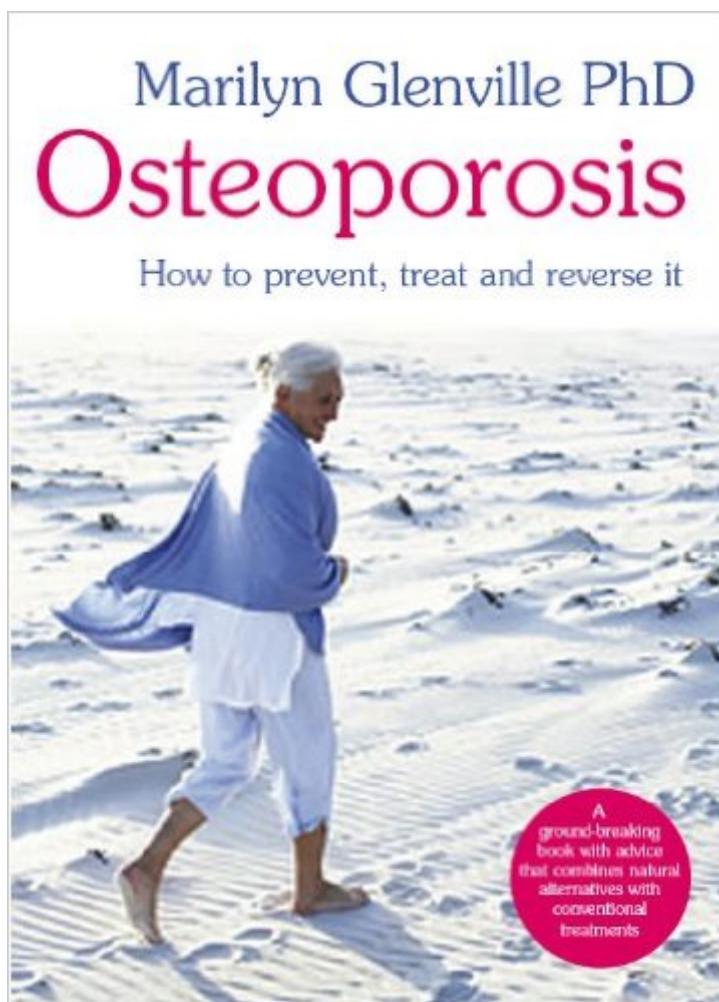


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OSTEOPOROSIS: HOW TO PREVENT, TREAT AND REVERSE IT [Paperback]



Book Information

Paperback: 208 pages

Publisher: KYLE CATHIE; New edition edition (2010)

Language: English

ISBN-10: 185626937X

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Average Customer Review: 4.0 out of 5 stars See all reviews (2 customer reviews)

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Customer Reviews

Pretty informative, should be read when in your 40s and 50s especially by females so they know how to care for themselves.

This book has made a huge contribution to me changing my lifestyle. Dr says go on Fosamax.... I said there has to be a better way. This book is the first step in understanding and educating yourself on osteoporosis and alternate ways of preventing and treating it. The content is in laymen terms and everyone will be able to come away with hope. RX's aren't the only solution to this health issue if you are ready to take responsibility for your own health...and who knows you better?

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