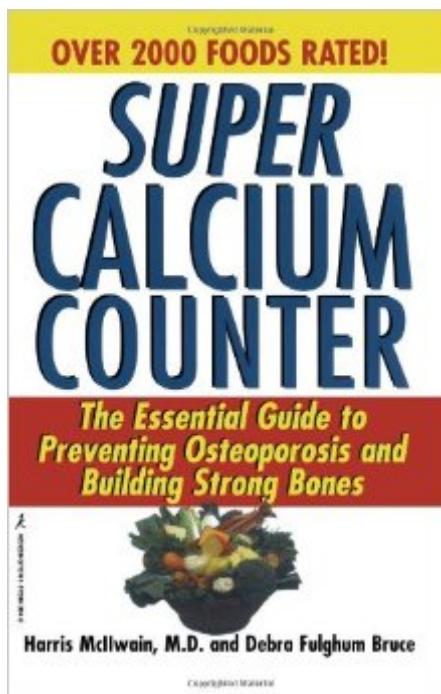


The book was found

# Super Calcium Counter: The Essential Guide To Preventing Osteoporosis And Building Strong Bones



## **Synopsis**

Text includes 102 recipes featuring nutrients that have been shown to enhance bone density and promote bone health. For consumers. Softcover.

## **Book Information**

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Average Customer Review: 4.2 out of 5 starsÂ  See all reviewsÂ  (4 customer reviews)

Best Sellers Rank: #471,446 in Books (See Top 100 in Books) #54 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #222 inÂ  Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #222 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

## **Customer Reviews**

My mother and grandmother both have osteoporosis. When my doctor told me that family history plays a big role in who gets this disease, I decided to fight it all I could. This book--SUPER CALCIUM COUNTER--is amazing!!! The food lists are excellent and so helpful as I plan my family's weekly menu. The recipes are easy to understand--and trendy--even my kids love them. There is NO NEED to get osteoporosis--if you can understand the cause and prevention. BUY THIS BOOK!!!

The Calcium counter is amazing, but the great recipes were a real bonus. I keep in my desk and it really helps when I prepare the weekly menus for my family. My girls are already leaning how to have strong bones from the beginning!

Very good reference book

As a registered dietitian, I'm always watching for nutrition books. So many are full of hype and misinformation--yet SUPER CALCIUM COUNTER is the first easy-to-read book I've seen that is filled with the top bone-boosting foods--and it is totally correct. The recipes are delicious--easy to

make. Get the book--it will keep you strong your entire life!

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