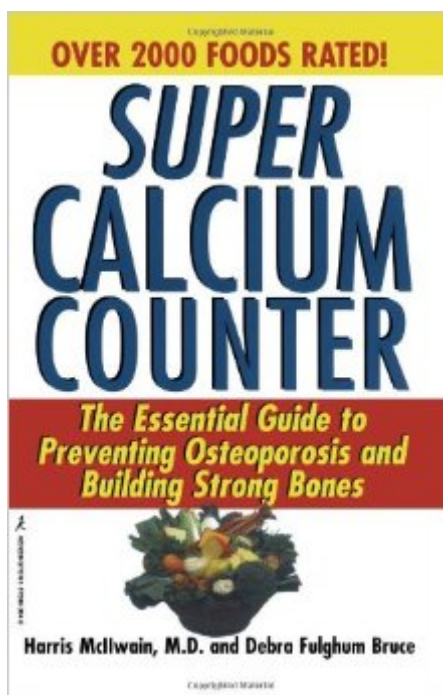


The book was found

# 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

Paperback: 288 pages

Publisher: Kensington (March 1, 1999)

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Product Dimensions: 5.5 x 0.9 x 8.3 inches

Shipping Weight: 14.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #471,446 in Books (See Top 100 in Books) #54 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis](#) #222 in [Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements](#) #222 in [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 learning how to have strong bones from the beginning!

Very good reference book

As a registered dietician, 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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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)  
Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally  
Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition  
Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis  
Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros)  
Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life  
The Book of Bones: A Bones Bonebrake Adventure (Bones Bonebrake Adventures 2)  
Building Bone Vitality: A Revolutionary Diet Plan to Prevent Bone Loss and Reverse Osteoporosis--Without Dairy Foods, Calcium, Estrogen, or Drugs  
Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) [ THE OSTEOPOROSIS EXERCISE BOOK: BUILDING BETTER BONES - LARGE PRINT ] By Betz, Pt Gcs, Sherri R. ( Author) 2011 [ Paperback ]  
Better Bones, Better Body : Beyond Estrogen and Calcium Corinne T. Netzer  
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