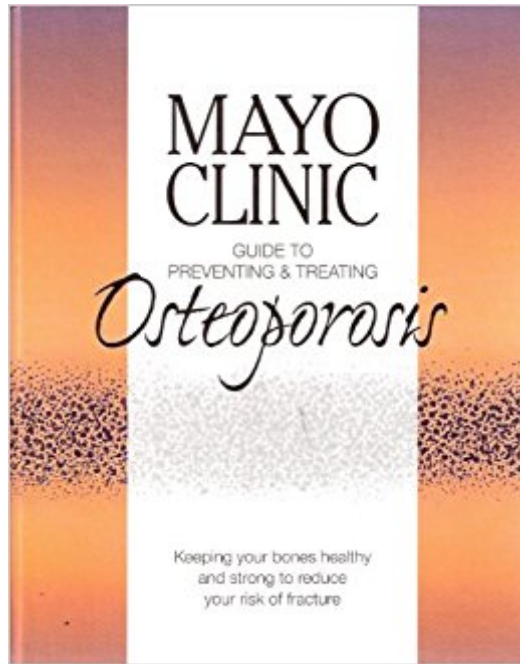




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# **Mayo Clinic Guide To Preventing And Treating Osteoporosis**



## Synopsis

The complete guide for "Keeping your bones healthy and strong to reduce your risk of fracture".

## Book Information

Hardcover: 254 pages

Publisher: mayo clinic; First Edition edition (2008)

Language: English

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Average Customer Review: 4.8 out of 5 stars 8 customer reviews

Best Sellers Rank: #194,976 in Books (See Top 100 in Books) #20 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis

## Customer Reviews

The complete guide for "Keeping your bones healthy and strong to reduce your risk of fracture".

A good explanation of the disease and all that it entails for care nutrition side effects drugs and what to do.

This book is amazing. It is so complete on information regarding Osteoporosis that it is almost a stand alone. I DO appreciate it, so glad I ordered it, and will be going through it finding new info for some time.

Forewarned is forearmed.

Great insight

Very helpful information

met expectations

Highly recommended for understanding osteoporosis from folks who know. Clear and understandable with color graphics. Told me all I wanted to know after I was diagnosed with this

condition.

Alternative methods including vitamins & foods that assist in healing.

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