



The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series)

R. McCormick

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No pill will cure you of osteoporosis. While medication can sometimes help, it won't fully address the underlying causes of your osteoporosis or osteopenia. To restore bone health, you'll need a targeted program combining the best bone-building strategies from traditional and holistic medicine. **The Whole-Body Approach to Osteoporosis** distills these complex strategies into a whole-body plan you can begin today to dramatically improve your bone strength and overall vitality.

This comprehensive guide includes information on:

- What to eat for stronger bones
- Choosing bone-building supplements and osteoporosis medications
- Foods and medications that may be contributing to bone loss
- Signs and symptoms that can help you monitor your bone health
- How lab tests can help you personalize your plan

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The reserve untitled The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series) is the publication that recommended to you to see. You can see the quality of the publication content that will be shown to a person. The language that writer use to explained their ideas are easily to understand. The article author was did a lot of exploration when write the book, so the information that they share to you is absolutely accurate. You also can get the e-book of The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series) from the publisher to make you considerably more enjoy free time.

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