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Prevenir y combatir la osteoporosis

By Sevilla, Marta, Viiver, Nùria

RBA Libros, 2001. soft. Book Condition: New. Encuadernación: Rústica La osteoporosis es una enfermedad que se caracteriza por una pérdida anormal de densidad en los huesos. Esto produce un riesgo de trastornos graves, como las fracturas y sus complicaciones. Esta pérdida de tejido óseo es más rápida y temprana en la mujer que en el hombre, especialmente después de la menopausia. Esta obra nos enseña todo lo que debemos saber para prevenir el deterioro del tejido óseo y, por tanto la osteoporosis, cuando aún estamos a tiempo. Además, es una guía completa de todos los tratamientos y técnicas naturales que existen para combatirla cuando ya se ha desarrollado, y un manual de consejos para prevenir el riesgo de fracturas, la peor de sus consecuencias.


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