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Cooking Well: Osteoporosis: Over 100 Recipes for Building Strong Bones

By Marie-Annick Courtier

Hatherleigh Press, U.S., United States, 2009. Paperback. Book Condition: New. Original. 226 x 152 mm. Language: English . Brand New Book. Can a healthy diet prevent Osteoporosis or make a difference in the health of patients whom already have developed the disease? In a word, yes. An estimation of 44 million Americans are at risk for Osteoporosis today. The disease eventually affects 1 out of every 2 women and 1 out of every 5 men, which is expected to double in the next 25 years. Most physicians encourage not only an active lifestyle, but also a balanced diet to help strengthen bones and reduce the risk of osteoporosis. Indeed, people with Osteoporosis often report considerable improvement in their well-being after changing their eating habits. Cooking Well: Osteoporosis features over 100 recipes designed to improve daily functioning and aid in the treatment of this disease. The book also features: * An overview on how to live with osteoporosis * A list of foods to avoid * A meal diary and checklist to track your progress All recipes and meals in the Cooking Well series have been specially created by renowned health and diet expert, Chef Marie-Annick Courtier, and Cooking Well: Osteoporosis is...



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Reviews

Most of these publication is the perfect ebook accessible. It is amongst the most awesome publication i have got read through. You wont truly feel monotony at whenever you want of the time (that's what catalogs are for regarding in the event you request me).

-- Prof. Edgar Kshlerin

It is easy in study safer to comprehend. It can be writter in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Emmitt Harber