



Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally

Lara Pizzorno

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A decade ago, the author was diagnosed with osteopenia—a loss of bone density. Today, by following the recommendations discussed in this book, she has strong, healthy bones. The medicines prescribed for osteoporosis should be your last choice: not only do they have terrible side effects, they cause retention of old, brittle bone instead of creating new, healthy bone! Your Bones will be an important handbook for anyone wanting to prevent osteoporosis in later life.

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