



Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life - Naturally (Paperback) - Common

With Jonathan V Wright By (author) Lara Pizzorno

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Your Bones contains everything you need to know for healthy bones in one book, providing scientifically based advice which highlights natural prevention and treatment strategies. This UPDATED AND EXPANDED edition includes many new studies on the dangers of the bisphosphonate drugs and an in depth discussion of two new drugs with potential adverse effects. Also new: more information on bone-busting

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