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COOKING WELL: OSTEOPOROSIS: OVER 100 RECIPES FOR BUILDING STRONG BONES (PAPERBACK)



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...

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- Authored by Marie-Annick Courtier
- Released at 2009



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