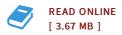




## The Keep Your Bones Healthy Cookbook: A Nutrition Plan for Preventing and Treating Osteoporosis Naturally

By Laura Kelly

Chelsea Green Publishing Co, United States, 2016. Paperback. Book Condition: New. 254 x 178 mm. Language: English. Brand New Book. Drugs that claim to prevent or redress bone loss can actually cause bones to crumble and break. Calcium supplements, fortified processed food, and pasteurized dairy don t work because the calcium in them doesn t reach our bones. More than 60 percent of American women take calcium supplements (for which they paid \$180 million last year), and the 2014 osteoporosis-related fracture-treatment bill was approximately \$19 billion. It s a grim picture, but The Keep Your Bones Healthy Cookbook can help. Coauthors Dr. Laura Kelly and Helen Kelly have a firm grasp on the disciplines concerned with bone health, and they show readers a natural, effective, and safe approach to conserve bone mass and build healthy bones by eating the right foods in the right combinations. Helen and Laura are mother and daughter. When Helen Kelly was diagnosed with osteoporosis, Laura dug into the research on bone metabolism and digestion. She created a unique diet-based approach to building bone health that emphasizes the importance of choosing, preparing, and combining foods properly so that the body can absorb the nutrients they...



## Reviews

This is basically the best pdf i have read through until now. It is filled with knowledge and wisdom I am easily can get a enjoyment of studying a created book.

-- Dr. Carmine Hayes MD

Very beneficial to any or all class of individuals. It is rally interesting through looking at time. You will not feel monotony at at any time of your time (that's what catalogs are for concerning in the event you question me).

-- Dr. Dallas Reinger IV

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