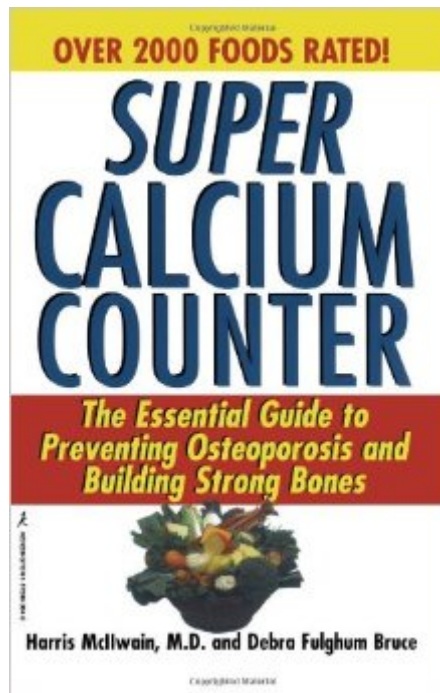


The book was found

Super Calcium Counter: The Essential Guide To Preventing Osteoporosis And Building Strong Bones



Synopsis

Text includes 102 recipes featuring nutrients that have been shown to enhance bone density and promote bone health. For consumers. Softcover.

Book Information

Paperback: 288 pages

Publisher: Kensington (March 1, 1999)

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Product Dimensions: 5.5 x 0.9 x 8.3 inches

Shipping Weight: 14.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (4 customer reviews)

Best Sellers Rank: #471,446 in Books (See Top 100 in Books) #54 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #222 in Â Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #222 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

Customer Reviews

My mother and grandmother both have osteoporosis. When my doctor told me that family history plays a big role in who gets this disease, I decided to fight it all I could. This book--SUPER CALCIUM COUNTER--is amazing!!! The food lists are excellent and so helpful as I plan my family's weekly menu. The recipes are easy to understand--and trendy--even my kids love them. There is NO NEED to get osteoporosis--if you can understand the cause and prevention. BUY THIS BOOK!!!

The Calcium counter is amazing, but the great recipes were a real bonus. I keep in my desk and it really helps when I prepare the weekly menus for my family. My girls are already learning how to have strong bones from the beginning!

Very good reference book

As a registered dietitian, I'm always watching for nutrition books. So many are full of hype and misinformation--yet SUPER CALCIUM COUNTER is the first easy-to-read book I've seen that is filled with the top bone-boosting foods--and it is totally correct. The recipes are delicious--easy to

make. Get the book--it will keep you strong your entire life!

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Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure)
Osteoporosis Diet: Osteoporosis Diet Guide To Preventing Osteoporosis And Improving Bone Strength By Adhering To The Osteoporosis Diet And Following The Osteoporosis Diet Nutritional Guidelines
Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines)
Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally
Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition
Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis
Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros)
Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life
The Book of Bones: A Bones Bonebrake Adventure (Bones Bonebrake Adventures 2)
Building Bone Vitality: A Revolutionary Diet Plan to Prevent Bone Loss and Reverse Osteoporosis--Without Dairy Foods, Calcium, Estrogen, or Drugs
Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) [THE OSTEOPOROSIS EXERCISE BOOK: BUILDING BETTER BONES - LARGE PRINT] By Betz, Pt Gcs, Sherri R. (Author) 2011 [Paperback]
Better Bones, Better Body : Beyond Estrogen and Calcium Corinne T. Netzer
Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber Data Available (Corinne T. Netzer Carbohydrate & Fiber Counter)
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