



Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis

Miriam E. Nelson, Sarah Wernick

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Based on the latest scientific information, and including practical advice on the best nutrition, exercise, and medication, Strong Women, Strong Bones is an essential guide for any woman who wants to know more about the prevention and treatment of osteoporosis. Includes: ¥ A one-hour-per-year plan for healthy bones ¥ A self-test to assess risk factors ¥ Facts on the most accurate bone-density tests ¥ Tips on supplements beyond calcium, plus new

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