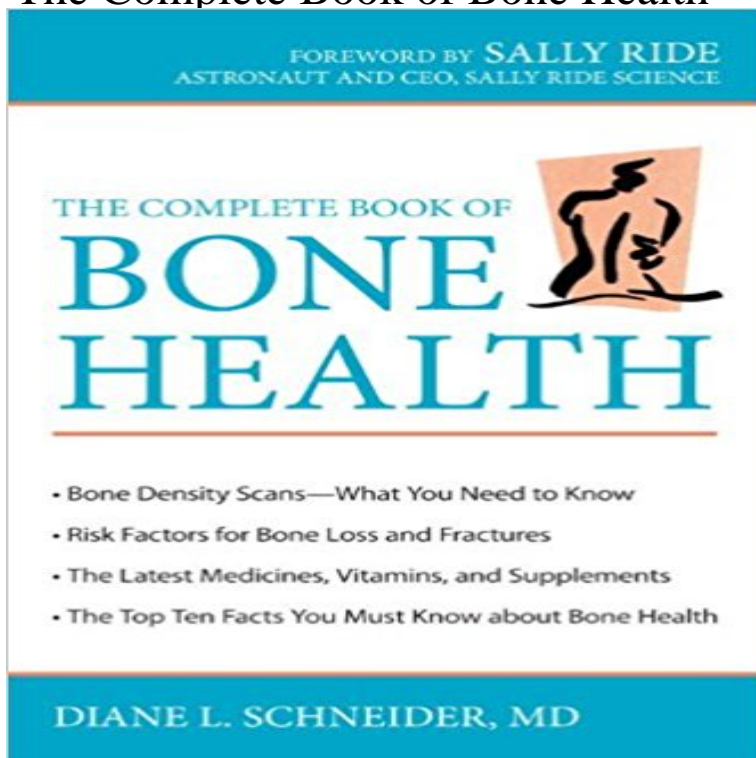


The Complete Book of Bone Health



This book compiles the latest information about bolstering bones, from prevention to treatment, into a single, easy-to-understand resource. The author, a leading expert on osteoporosis, covers everything you should know about your bones. Using evidence-based research, first-hand stories, and her own experience, she provides practical recommendations to optimize your bone health. Get the facts on: bone health basics; risk factors for bone loss and fractures; bone density DXA scans; exercise and nutrition; vitamin D; prescription medicines; controversial hot topics; complementary and alternative approaches; and common health problems and medicines affecting your bones. Designed to be practical and user-friendly, each chapter ends with a bottom-line summary, The Bare Bones, allowing you to easily reference issues of interest. This book is a clear, accurate, and up-to-date guide to improving bone health and contributing to a healthier life.

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