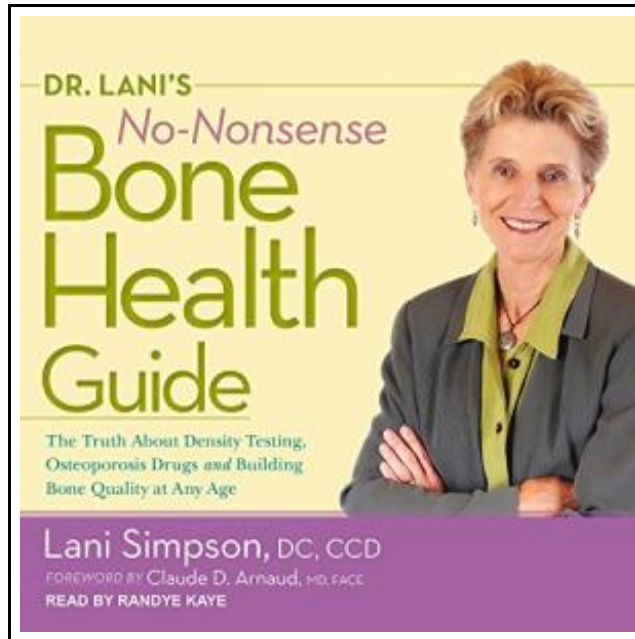


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DR. LANI S NO-NONSENSE BONE HEALTH GUIDE: THE TRUTH ABOUT DENSITY TESTING, OSTEOPOROSIS DRUGS, AND BUILDING BONE QUALITY AT ANY AGE



Tantor Media, Inc, United States, 2017. CD-Audio. Condition: New. Unabridged edition. Language: English . Brand New. Author Dr. Lani Simpson, both a Doctor of Chiropractic and a Certified Clinical Densitometrist, cuts through the confusion and inaccuracies surrounding osteoporosis to explain her whole-body approach to bone health, which includes discussions of digestive health, diet, supplements, and exercise. You may be surprised to learn which foods and medicines hurt bone health and which ones help in building strong bones. The book also sheds light on basic bone biology, how aging affects the bones, the risks and benefits of drugs and alternative treatments, a comprehensive breakdown of calcium supplementation-and some delicious recipes for bone-building meals. We all share concerns about bone health and osteoporosis. Whether you are one of the nearly 10,000 baby boomers turning sixty-five every day, or a younger person building a healthy body, Dr. Lani s No-Nonsense Bone Health Guide will answer your questions and help you live long, healthy, and fracture-free into your golden years.

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