



# Understanding, Preventing and Overcoming Osteoporosis

*Gillian Tidey, Jane Plant*

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**Understanding, Preventing and Overcoming Osteoporosis** Gillian Tidey, Jane Plant

With the help of this book you can:

- \* Learn how to prevent osteoporosis
- \* Improve your chances of increasing your bone strength and health if you suffer from osteoporosis
- \* Discover how to get the best out of orthodox medicine
- \* Educate yourself about the fundamental importance of diet and lifestyle, with seven Food Factors and eight Lifestyle Factors, aimed at improving your bone health, appearance and outlook.
- \* Follow a new dietary regime based on delicious recipes
- \* Above all, discover a diet and lifestyle that will empower you to prevent and combat the disease.

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