



Cooking Well: Osteoporosis: Over 100 Recipes for Building Strong Bones (Paperback)

By Marie-Annick Courtier

Hatherleigh Press, U.S., United States, 2009. Paperback. Book Condition: New. Original. 226 x 152 mm. Language: English . Brand New Book. Can a healthy diet prevent Osteoporosis or make a difference in the health of patients whom already have developed the disease? In a word, yes. An estimation of 44 million Americans are at risk for Osteoporosis today. The disease eventually affects 1 out of every 2 women and 1 out of every 5 men, which is expected to double in the next 25 years. Most physicians encourage not only an active lifestyle, but also a balanced diet to help strengthen bones and reduce the risk of osteoporosis. Indeed, people with Osteoporosis often report considerable improvement in their well-being after changing their eating habits. Cooking Well: Osteoporosis features over 100 recipes designed to improve daily functioning and aid in the treatment of this disease. The book also features: * An overview on how to live with osteoporosis * A list of foods to avoid * A meal diary and checklist to track your progress All recipes and meals in the Cooking Well series have been specially created by renowned health and diet expert, Chef Marie-Annick Courtier, and Cooking Well: Osteoporosis is...



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