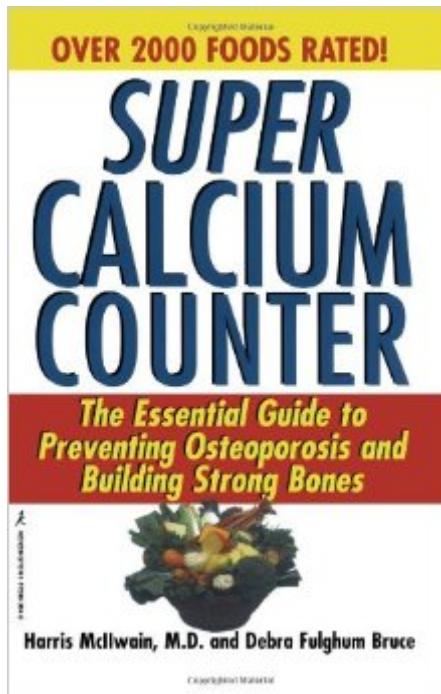


The book was found

Super Calcium Counter: The Essential Guide To Preventing Osteoporosis And Building Strong Bones



Synopsis

Text includes 102 recipes featuring nutrients that have been shown to enhance bone density and promote bone health. For consumers. Softcover.

Book Information

Paperback: 288 pages

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Product Dimensions: 5.5 x 0.9 x 8.3 inches

Shipping Weight: 14.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #471,446 in Books (See Top 100 in Books) #54 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #222 inÂ Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #222 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

Customer Reviews

My mother and grandmother both have osteoporosis. When my doctor told me that family history plays a big role in who gets this disease, I decided to fight it all I could. This book--SUPER CALCIUM COUNTER--is amazing!!! The food lists are excellent and so helpful as I plan my family's weekly menu. The recipes are easy to understand--and trendy--even my kids love them. There is NO NEED to get osteoporosis--if you can understand the cause and prevention. BUY THIS BOOK!!!

The Calcium counter is amazing, but the great recipes were a real bonus. I keep in my desk and it really helps when I prepare the weekly menus for my family. My girls are already leaning how to have strong bones from the beginning!

Very good reference book

As a registered dietitian, I'm always watching for nutrition books. So many are full of hype and misinformation--yet SUPER CALCIUM COUNTER is the first easy-to-read book I've seen that is filled with the top bone-boosting foods--and it is totally correct. The recipes are delicious--easy to

make. Get the book--it will keep you strong your entire life!

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