



## Cooking Well: Osteoporosis: Over 100 Recipes for Building Strong Bones

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...



**READ ONLINE**  
[ 9.41 MB ]

### Reviews

*Extremely helpful to any or all category of individuals. It really is rally fascinating through studying time period. I am just quickly could possibly get a pleasure of reading a composed ebook.*

-- **Lawrence Keeling**

*This publication may be worthy of a read through, and a lot better than other. It is among the most incredible book we have read through. Your daily life period will be change when you total reading this article publication.*

-- **Garett Baumbach**