



Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101)

Craig Donovan

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Why Healthy bones are important? Because Strong bones support us and allow us to move.

They protect our heart, lungs, and brain from injury. Our bones are also a storehouse for vital minerals we need to live.

Today only, get this Amazon bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

Weak bones break easily, causing terrible pain. You might lose your ability to stand or walk. And as bones weaken, you might lose height. Silently and without warning, bones may begin to weaken early in life if you do not have a healthy diet and the right kinds of physical activity. Many people already have weak bones and don't know it. Others are making choices that will weaken their bones later.

There are several kinds of bone disease. The most common is osteoporosis. In this disease, bones lose minerals like calcium. They become fragile and break easily. With osteoporosis, your body's frame becomes like the frame of a house damaged by termites.

Fragile bones are not painful at first. Unfortunately, most people don't realize they have weakened bones until one breaks. By that time, it is hard to make your bones strong again. The good news is that you are never too old or too young to improve your bone health. There are many things you can do to keep bones strong and prevent fractures. At all ages, a diet with enough calcium and vitamin D, together with weight-bearing physical activity every day, can prevent problems later. You can work with your doctor to check out warning signs or risk factors. When you are older, you can have your bones tested and take medicine to strengthen them.

The bad news is that few people follow the steps known to strengthen and protect their bones. Americans need to know the dangers of bone weakness and do more to prevent it. This book is a comprehensive guide that will help you understand the basics and contains interesting resources for beginners.

After downloading this book you will learn...

- A Brief Introduction to Osteoporosis
- A Brief Introduction to Osteopenia
- What is Bone Density and Bone Density Testing?
- Drugs and Treatment Options for Osteoporosis
- Remedies and Prevention of Bone Problems
- Much, much more!

Download your copy today!

Read what other people have to say

"Like many people, I'm often reminded to get plenty of calcium in order to prevent osteoporosis. I never thought to question it further until I stumbled across this book, and I'm so glad I did. Not only does it give a detailed explanation on what osteoporosis is, the signs and symptoms and how it affects the body, but it destroys preconceived notions that I'm sure a lot of people have about the disease."

- Heather -

"This is a very short book, however, it packs a lot of useful information. I was actually amazed at how much I learned from reading this book. What I liked most about this book is the writing style of the author. The nature of the subject is pretty bland, unless you are into bones. Yet, the author was able to make the subject very fascinating to read. The book covers in details about many aspects of the bone, various diseases such as Osteoporosis."

- Buster Boy -

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