

The Whole-Body Approach To Osteoporosis: How To Improve Bone Strength And Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series) By R. Keith McCormick

By R. Keith McCormick

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R. Keith McCormick, D.C., NUTRITION FOR OSTEOPOROSIS? A SENSIBLE APPROACH _____ bone becomes more brittle, and fracture risk increases.

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From the Publisher: In The Whole-Body Approach to Osteoporosis, nutrition and bone health expert Keith McCormick

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