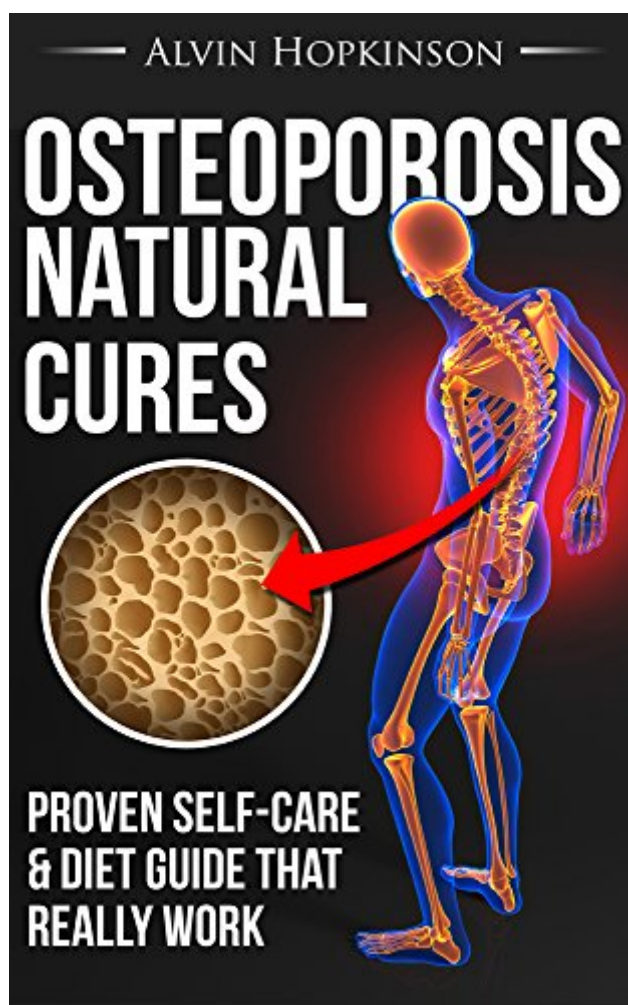


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# Osteoporosis Natural Cures: Proven Self-Care Guide & Diet That Really Work (Top Rated 30-min Series)



## Synopsis

"The Essential Guide to Osteoporosis Diet & Natural Remedies" A condensed and practical guide that you will find it infinitely useful. In the United States, almost 50 percent of the women aged between 45 and 70 are victims from some form of osteoporosis. "Porous bones" is what it really means, and is such a common disorder that we have come to associate the main symptoms with being the usual signs of aging. These symptoms include easily broken bones, stooped posture, back pain, frailty, and what is called a dowager's hump. Osteoporosis is actually a disorder that results from bad diet and lifestyle choices. Many studies have shown that cultures that practice healthier lifestyles than Americans tend to have much rarer cases of the disorder. Healthy bones must be built in the prime years of childhood, adolescence, and the volatile years of early adulthood.

The natural remedies and guidelines in this book work! If you follow them, you will see a vast improvement in your health to a desirable level. Here is a thorough content of what you'll learn...

Introduction to Osteoporosis  
Symptoms & Root Causes  
Recommended Diet & Foods to Avoid  
6 Proven & Effective Prescriptions  
Recommended Alternative Treatments  
Homeopathic Treatments  
Final Recommendations

About the Author  
Alvin Hopkinson is a natural health educator who has published hundreds of articles online, the author of several other popular health books such as High Blood Pressure Natural Remedies, Gout Diet Made Easy and Acid Reflux Remedies Revealed etc. He has also written for HealthCentral.com, a leading health portal. You can check out his site at <http://www.minusbloodpressure.com>

Download your copy today! Take action today and download this book for a limited time discount of only \$3.99!

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