



Your Bones

By Pizzorno, Lara/ Wright, Jonathan V., M.D. (CON)

Natl Book Network, 2013. Paperback. Book Condition: New. EXP UPD. 13.34 x 20.32 cm. Your Bones contains everything in one book that you need to know in order to have healthy bones, providing scientifically based advice which highlights natural prevention and treatment strategies to address bone loss. This edition includes many new studies on the dangers of the bisphosphonate drugs and an in depth discussion of two new drugs with potential adverse effects. Also new is more information on bone-busting patent medicines, calcium supplementation options, strontium, vitamin K2 and zinc, as well as a section on bone-building exercise. Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible price and delivery time. Book.

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