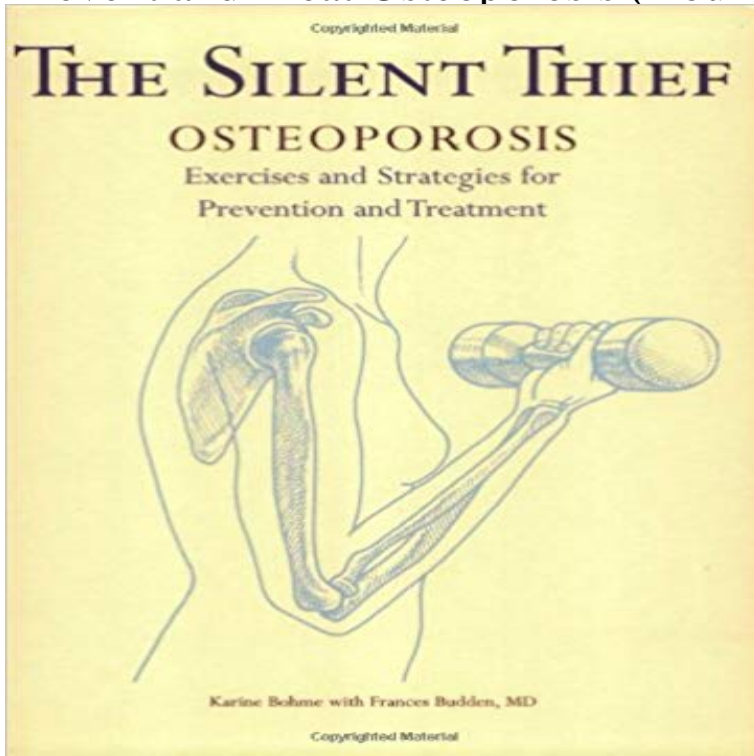


The Silent Thief: Bone-Building Exercises and Essential Strategies to Prevent and Treat Osteoporosis (Your Personal Health)



Are you at risk? Osteoporosis is often called the silent thief because bone loss occurs without symptoms. Today, 15 million Americans suffer from osteoporosis and, with the increasing proportion of older people in the population, this disease is on the increase. Although osteoporosis commonly affects people over the age of 50, it can strike at any age. The Silent Thief is an authoritative book for those with osteoporosis and are concerned with lessening the symptoms, as well as for those who want to prevent the onset of the disease. It fully explains osteoporosis, discusses hereditary and lifestyle factors that contribute to its onset, outlines dietary and supplementary options, and illustrates detailed exercise programs for prevention and treatment at any age. Endorsements for The Silent Thief To read The Silent

Thief is but half of the equation -- put its bone-building exercises into practice, and you'll recognize the full impact and great benefit of its wisdom.- Miriam E. Nelson, Ph. D., School of Nutrition Science and Policy, Tufts University This well-written book is a gold mine of valuable information ...- Christine M. Derzko, M.D., F.R.C.S., Director of Midlife and Menopause Clinic, St. Michaels Hospital and Associate Professor, University of Toronto

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making sure you have enough is important

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