

The book was found

Vencer La Osteoporosis (Spanish Edition)



Synopsis

Uno de los problemas de salud mas extendidos en la sociedad actual es la osteoporosis y las fracturas de huesos que provoca. Sin embargo, no se ha explicado correctamente que la causa de esta enfermedad reside en la ausencia del colageno. Es decir, la sustancia que permite la flexibilidad de los huesos y que, ademas, es el soporte del fosfato de calcio en el hueso. En este libro, la autora nos muestra las claves para la solucion que conduce a la osteoporosis y como puede remediarse facilmente la falta de colageno, corrigiendo las carencias y los errores en la alimentacion. / One of the most widespread health problems in today's society is osteoporosis and the bone fractures it causes. However, the cause of this disease has not been properly explained. It resides in the absence of collagen, the substance that allows the flexibility of bone and constitutes the support of calcium phosphate in the bone. The author shows us the keys to solve osteoporosis and how to easily correct the lack of collagen, changing the mistakes and deficiencies in our diet.

Book Information

Paperback: 144 pages

Publisher: Edaf; 1^ª ed., 1^ª imp. edition (June 30, 2014)

Language: Spanish

ISBN-10: 844142702X

ISBN-13: 978-8441427020

Product Dimensions: 5.9 x 0.6 x 8.3 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #1,779,167 in Books (See Top 100 in Books) #143 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #560 in Books > Libros en español > Salud, mente y cuerpo > Medicina Alternativa #584 in Books > Libros en español > Padres y familia > Crianza

Customer Reviews

Excelente libro demasiada informacion clara,y concreta y sin escrupulos..Realmente es una Sra. demasiada profesional muy preparada en todos los sentidos..

excelente

[Download to continue reading...](#)

Osteoporosis: Osteoporosis Guide To Reducing Osteoporosis Pain And Symptoms Related To Osteoporosis Including Strategies For Managing Osteoporosis, Living ... Osteoporosis (Osteoporosis Prevention) Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Osteoporosis Diet: Osteoporosis Diet Guide To Preventing Osteoporosis And Improving Bone Strength By Adhering To The Osteoporosis Diet And Following The Osteoporosis Diet Nutritional Guidelines Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) Vencer la osteoporosis (Spanish Edition) The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs The Osteoporosis Diet: A Complete Diet Guide for People with Osteoporosis (Causes, Diet, Nutrition, Supplements, Exercises and Other Remedial Measures) Reverse Osteoporosis in 30 Days: Osteoporosis Reversal in 30 Days: Rehabilitation for Long-Term Health Osteoporosis: How to Effectively Control and Manage Osteoporosis to Rid It From Your Life Forever T   puedes Vencer El C  ncer: Tu Gu  a Hacia una Curaci  n Suave y No-t  xica (Spanish Edition) La Farmacia Popular: Desde remedios caseros y medicamentos hasta terapias naturales, todas las mejores opciones para vencer 36 males comunes (Spanish Edition) Oraciones Que Derrotan A Los Demonios: Oraciones para vencer de forma aplastante a los demonios (Spanish Edition) C  mo vencer la crisis: 33 Soluciones r  pidas para su empresa (Spanish Edition) La Farmacia Popular: Desde remedios caseros y medicamentos hasta terapias naturales, todas las mejores opciones para vencer 36 males comunes (Spanish Edition) C  mo logr   vencer la MIGRA  A, para siempre (Spanish Edition) SE  OR, YA NO PUEDO M  S: C  MO VENCER TUS MIEDOS (Best Seller de Auto Superaci  n) (Spanish Edition) Ayudando a Vencer La Depresion En La Gente Joven/Coping With Depression in Young People: Una Guia Para Padres / A Guide for Parents (El Nino Y Su Mundo / the Child and Its World) (Spanish Edition) La vacuna contra el miedo. M  todo para vencer los miedos infantiles / The Vaccine Against Fear (Spanish Edition) C  MO VENCER MIS PROPIAS DEBILIDADES: Es posible cambiar tu vida y alcanzar tus metas (Spanish Edition) C  mo vencer las arrugas y perder peso (Spanish Edition)