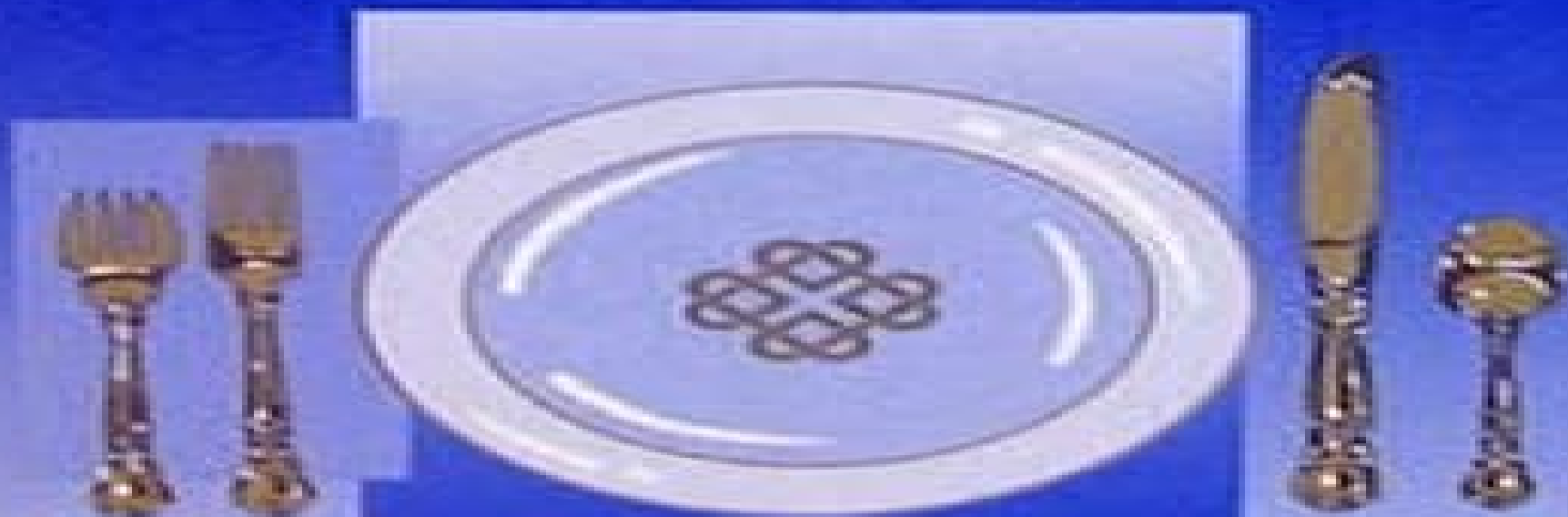


NUTRITION NUGGETS and More!



By Ronda Gates

Nutrition Nuggets And More Change the Rest Of The Story

Elisabeth Hasselbeck



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Outwitting Osteoporosis Ronda Gates, Beverly Whipple, 2011-09-06 Women of all ages need to be concerned about osteoporosis Thirty three million American women have the disease and one out of every two women over the age of fifty will experience an osteoporosis based fracture Fortunately there are important steps that women can take to ensure healthy bones throughout their lifetime Pharmacist trained Ronda Gates and nurse researcher Beverly Whipple pool their talents to bring women the most up to date information statistics and treatment options to help them keep their bones strong

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