



Strong Women, Strong Bones, Updated

Miriam E. Nelson Ph.D, Sarah Wernick

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Based on the latest scientific information, and including practical advice on the best nutrition, exercise, and medication, **Strong Women, Strong Bones** is an essential guide for any woman who wants to know more about the prevention and treatment of osteoporosis. Includes:

- A one-hour-per-year plan for healthy bones
- A self-test to assess risk factors
- Facts on the most accurate bone-density tests
- Tips on supplements beyond calcium, plus new findings on soy
- The best workouts for strong bones, fully illustrated, with an effective new two-minute exercise
- Facts on the latest medical breakthroughs
- A special chapter for men

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