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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)

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

excelente

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