



The Bone-Building Solution

Sam Graci, Dr. Leticia Rao, Dr. Carolyn DeMarco

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How anyone can have healthy bones—at any age

Osteoporosis is a major health threat already affecting an estimated 44 million Americans—yet optimal bone health is still within reach. The Bone-Builder Breakthrough is a comprehensive guide to building bone health, providing advice for the teenage years through the sixties and beyond on the prevention and reversing of osteopenia and osteoporosis. Based on recommendations in the 2005 Surgeon General's Report, this accessible, upbeat guide offers exciting news on hidden risk factors and guidance on essential supplements, proper vertical exercise, nutrition, and the important relationship between healthy bones and a healthy heart.

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