



Gut essen bei Osteoporose: Über 80 Rezeptideen (German Edition)

Astrid Büscher, Vera Herbst

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Kochen für die Knochen. Osteoporose kann mit der richtigen Ernährung behandelt werden, denn die Knochen brauchen viel Kalzium. Das Buch - Ratgeber und Kochbuch in einem - enthält über 80 leckere Rezepte für den Alltag, die überhaupt nicht nach Krankenkost schmecken, die aber den Körper mit ausreichend Kalzium versorgen. Außerdem angepasst an die Zielgruppe mit Rezepten für 1-2 Personen. Der Ratgeber gibt einen Durchblick über die verwirrende Vielfalt von Definitionen und Diagnostikwegen. Und er gibt Hintergründe zur Therapie: Wer braucht was? Wie viel? Ab wann? Wie lange?

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