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Ana María Lajustica

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Uno de los problemas de salud más 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 colágeno. Es decir, la sustancia que permite la flexibilidad de los huesos y que, además, es el soporte del fosfato de calcio en el hueso. En este libro, la autora nos muestra las claves para la solución que conduce a la osteoporosis y cómo puede remediarse fácilmente la falta de colágeno, corrigiendo las carencias y los errores en la alimentación.

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