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By Linda R. Page Ph.D.**

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<http://verywellsaid.com/menopause/index-rankdesc.php>

How to Prevent Disease With Your Diet. Tony Horton. 134 Weight Loss Mistakes You Should Avoid. Osteoporosis; Pediatrics; Phobias; Preemies;

<http://www.about.com/>

PAMF's Community Health Resource It explains how to change the very things in your life that contribute to your illness and prevention of bone loss,

<http://www.pamf.org/catalog/index.php/AA/R/S/60>

The Complete Reference for Taking Charge of Your Health, R.Ph., an Association to prevent further bone loss.

<http://www.livingwithendometriosis.org/category/books/>

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Linda Rector-Page is the author of How to Be Your Own Herbal Pharmacist Menopause & osteoporosis: Taking charge of your life change : preventing bone loss

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Osteoporosis and menopause: Taking charge of bone health. Issue: BCMJ, Vol. 43, No. 8, October 2001, page(s) 458-462 Articles R.C. Offer, MD

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Linda R. Page is the author of Healthy Healing (4.20 avg rating, 84 ratings, 5 reviews, published 2000), Menopause & osteoporosis (0.0 avg rating, 0 rati register;

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<http://www.the-hormonal-nightmare.com/bioidentical-hormones/references>

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<https://www.scribd.com/doc/17692136/Menopause-k>

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