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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Osteoporosis**

**By Kathy Browning**

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People in the United States consume more dairy products and other foods high in calcium than the citizens of any other two nations on earth put together. Why is it then, that the U.S. has the world's highest rate of osteoporosis and bone fractures among the elderly? The answer may be surprising.

We have orange juice and antacids that are fortified with calcium, yet we eat far less total food, take in less calcium, and get less exercise than our grandparents did. At the same time we consume more animal protein and phosphate-containing foods, such as soft drinks. Obviously, we need to eat more of the right foods and take high-quality supplements in some form as well.

Osteoporosis is a progressive disease of the skeleton in which the amount of calcium present in the bones slowly decreases to the point where the bones become brittle and prone to fracture. In other words, the bone loses density.

The term osteoporosis is derived from Latin and literally means "porous bones." Because of the physiological, nutritional, and hormonal differences between women and men, osteoporosis primarily affects women. This debilitating disease afflicts more women than heart disease, stroke, diabetes, breast cancer, or arthritis. 50% of all women between the ages of 45 and 75 show signs of some degree of osteoporosis. Over a third of that group suffer from serious bone deterioration.

Unfortunately, bone loss causes no symptoms while it is occurring. It is very common for a woman to be totally unaware that she has osteoporosis until what should have been a minor accident causes her to break a bone, oftentimes a wrist or a hip. In advanced cases of osteoporosis, a simple hug can result in fractured or broken ribs.

As bone loss advances, the vertebrae are subject to what are called compression fractures, crowding the nerves of the spine and various internal organs and causing a loss of height. It is this compression that causes "dowager's hump" that many women develop as they age. Osteoporosis can also be a contributing factor in tooth loss; when the structure of the jawbone weakens, it can no longer hold the teeth firmly in place.

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There are two basic types of osteoporosis. Type I, or high turnover, osteoporosis occurs in some women between the ages of 50 and 75 because of the sudden postmenopausal decrease in estrogen levels, which results in a rapid depletion of calcium from the skeleton. It is associated with fractures that occur when the vertebrae compress together causing a collapse of the spine and fractures of the hip, wrist, or forearm caused by falls or minor accidents.

Type II, or low turnover, osteoporosis is linked to dietary deficiency, especially a lack of sufficient calcium and vitamin D, which is necessary for the absorption of calcium. Many women mistakenly believe that osteoporosis is something they need be concerned about only after menopause. Recent evidence indicates that osteoporosis often begins early in life and is not strictly a postmenopausal problem. Although bone loss accelerates after menopause as a result of the drop in estrogen levels, it

begins in the premenopausal years.

Many people believe that osteoporosis is caused solely by a dietary calcium deficiency and that it can be "fixed" by taking calcium supplements. Wrong. While calcium supplements are important in dealing with osteoporosis, there are other considerations as well. Vitamins C, D, E, and K all play vital roles in battling osteoporosis, as does protein. Regulating the amounts of certain minerals, such as magnesium, phosphorus, silicon, boron, zinc, manganese, and copper, in the body are also important in maintaining proper calcium levels. Exercise is another vital factor.

Insufficient calcium intake is one factor, but equally important are other dietary practices that affect calcium metabolism. A diet high in animal protein, salt, and sugar causes the body to excrete increased amounts of calcium. The body is then forced to "steal" calcium from the bones to meet its requirements. Caffeine, alcohol, and many other drugs have a similar effect. Too much magnesium and/or phosphorus (found in most sodas and processed foods) can inhibit the body from absorbing calcium properly, because these minerals compete with calcium for absorption in the blood and bone marrow.

Bone density also depends on exercise. When the body gets regular weight-bearing exercise (such as walking), it responds by depositing more mineral in the bones, especially the bones of the legs, hips, and spine. A lack of exercise accelerates the loss of bone mass.

Other factors that may contribute to the development of osteoporosis include smoking, late puberty, early menopause (natural or artificially induced), a family history of the disease, hyperthyroidism, chronic liver or kidney disease, and the long-term use of corticosteroids, anti-seizure medications and anticoagulants.

What can you do to protect yourself?

1) Eat plenty of foods that are high in calcium and vitamin D. Good sources include broccoli, chestnuts, clams, dandelion greens, most dark green leafy vegetables, flounder, hazelnuts, kale, kelp, molasses, oats, oysters, salmon, sardines (with the bones), sea vegetables, sesame seeds, shrimp, soybeans, tahini (sesame butter), tofu, turnip greens, and wheat germ.

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- 2) Consume whole grains and calcium foods at different times. Whole grains contain a substance that binds with calcium and prevents its uptake. Take calcium at bedtime, when it is best absorbed and also aids in sleeping.
- 3) Include garlic and onions in the diet, as well as eggs (if your cholesterol level isn't too high). These foods contain sulfur, which is needed for healthy bones.
- 4) Limit your intake of almonds, asparagus, beet greens, cashews, chard, rhubarb, and spinach. These foods are high in oxalic acid, which inhibits calcium absorption.
- 5) Avoid phosphate-containing drinks and foods such as soft drinks, high-protein animal foods, and alcohol. Avoid smoking, sugar, and salt. Limit your consumption of citrus fruits and tomatoes; these foods may inhibit calcium uptake.
- 6) Avoid yeast products. Yeast is high in phosphorus, which competes with calcium for absorption in the body.
- 7) If you are over 55, include a calcium lactate (if you are not allergic to milk) or calcium phosphate supplement in your daily regimen, and take hydrochloric acid (HCl) supplements. In order for calcium to be absorbed there must be an adequate supply of vitamin D as well as sufficient HCl in the stomach. Older people often lack sufficient stomach acid.
- 8) If you take thyroid hormone or an anticoagulant drug, increase the amount of calcium you take by 25 to 50 percent.
- 9) If you take a diuretic, consult your physician before beginning calcium and vitamin D supplements. Thiazide-type diuretics increase blood calcium levels, and complications may result if these drugs are taken in conjunction with calcium and vitamin D supplements. Other types of diuretics increase calcium requirements, however.
- 10) Keep active and exercise regularly. A lack of exercise can result in the loss of calcium, but this can be reversed with sensible exercise. Walking is probably the best exercise for maintaining bone mass.

The information presented here is for informational purposes only. It is not intended to treat or diagnose any medical condition. It is imperative that you take your health into your own hands and empower yourself by researching all of your options. With the vast amount of information available on-line, you can arm yourself with an arsenal of information that will assist you and your healthcare practitioner in creating the best plan of treatment for your needs. Here are a few resources to get you started:

<http://www.medcohealth.com> – This comprehensive website includes an A-Z Health Page, Digestive Health Center, Drug Information, Health Encyclopedia and Health News.

<http://www.ivillage.com/> – iVillage has been winning awards for women's health since 1997. You can find information on health topics from A-Z and research conventional and alternative treatments. This is

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a great site, plus there are many other wonderful features. Plan to spend some time and browse.

<http://www.healingwithnutrition.com/disease/osteoporosis/osteoporosis.html#A3> – If you are looking for the facts, here is a good place to start. Here you will find the Warnings/Precautions for prescription drugs associated with osteoporosis, informative articles, Osteoporosis Facts and Statistics, Prevention and Treatment Strategies, and much more.

About the author - Kathy Browning is a healing arts practitioner and wellness coach. She is also the Editor-In-Chief of "The Art of Living Well", an ezine focused on the mind, body, spirit connection and the author of "Feng Shui for Abundant Living". Be sure to visit <http://www.cancercomfort.com> for more information.

### **Natural Progesterone And Osteoporosis Treatment Success**

**By David Buster**

Using natural progesterone and osteoporosis was successfully treated? Is it possible? After all, natural progesterone is safe with virtually no side effects when used correctly. It is one of the two primary hormones produced in a healthy woman during the menstrual cycle, the other hormone being estrogen. In perhaps the only study of natural progesterone and osteoporosis treatment of its kind, the success obtained by a leading Harvard-trained physician for reversing osteoporosis in women is explained.

What is osteoporosis? Osteoporosis is a progressive disease where the bones become more porous and weaker over time. Untreated, osteoporosis will weaken, disable and kill both women and men. Almost half of the women in the United States will fracture a hip, forearm or spine sometime in their lifetime. 20% of women who fracture their hip will die within one year. And it is not just a disease of the elderly. Osteoporosis regularly begins its destructive process for women in their thirties. Becoming slightly shorter in height is the most noticeable of the osteoporosis symptoms. Osteoporosis causes postural changes, and it makes one more likely to have a bone fracture as one ages.

There are two kinds of bone cells that one should understand. Osteoclasts are the cells that travel through bone tissue, finding bone tissue that needs replacing, removing old bone by dissolving it and leaving small cavities or pores where there once was bone. Osteoblasts are the cells that form new bone cells in the cavities left by the dissolving tissue. This continuous process of bone resorption and new bone formation is how bones are kept strong in the healthy body. Bone strength is the result of the balance of these two processes. Osteoporosis happens when more bone tissue is being dissolved than is being rebuilt.

When are the bones the strongest in women? Bone strength is greatest at around age 30 for women. Bone loss typically begins in women 5–20 years before menopause. Osteoporosis occurs regularly in both women and men. Even though a man begins to lose bone mass considerably later in life than a woman, bone loss happens in men. Women often begin losing bone mass as early as in their thirties, whereas bone loss begins in the fifties for a man. By the time men reach their seventies, their bone weakness equals that of women.

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Harvard-trained Dr. John R. Lee is the author of the best-selling women's health book *What Your Doctor May NOT Tell You About Menopause*. Dr. Lee studied 100 of his women patients that were in various stages of osteoporosis. The women in his study ranged in ages from 38 to 83 with 62.5 being the average age. By adding supplementation with natural progesterone to an existing natural osteoporosis treatment program, Dr. Lee found that bone density was increased every year by 3–5% until it stabilized at the bone density levels expected for a 35-year old woman! All 100 women using the natural progesterone and osteoporosis treatment reversed their bone loss and grew new bone cells. These results are astounding!

Dr. Lee also observed that the women who had experienced the most bone loss were the ones that increased bone density the fastest when using this natural progesterone and osteoporosis reversal treatment! Dr. Lee makes it very clear that natural progesterone and osteoporosis treatment must include the osteoporosis treatment elements of proper diet, nutrients and exercise. And for women approaching the age of menopause (late forties to early fifties) and older, he felt that natural

progesterone supplementation would greatly benefit women that had already experienced considerable bone loss, and that natural progesterone would rebuild new bone cells.

Anyone can easily make healthy lifestyle changes that will include weight-bearing exercise, proper diet, nutritional supplements and natural progesterone and osteoporosis treatment. Stopping bone loss, rebuilding and strengthening your bones is entirely possible, according to Dr. Lee. If you or someone you know is at risk for osteoporosis, learn more and benefit from the successes of Dr. Lee and other physicians in safely and effectively treating osteoporosis, a debilitating disease.

David Buster is VP of InfoSearch Publishing and is one of the webmasters of

<http://www.safemenopausesolutions.com>

– a website of physician-recommended natural treatments for

health problems. Visit the website and learn more about natural ways for improving your health.

Use and Abuse of Steroids



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