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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Preventing Osteoporosis

By **Kim Beardsmore**

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Last month my 74-year-old mother while walking, tripped on a small tuft of grass, fell – and broke her rib! Her recovery has been painful, debilitating and at times depressing. It also affected my elderly father who relies heavily on her day to day.

Surprisingly, this instance of fracture was not due to osteoporosis. However my mom's experience caused me stop and think deeply. As a 40-something woman, am I doing everything possible to keep my skeletal system in tip-top condition?

Once we get past the inevitable scrapes of childhood, during our middle years we don't give too much thought to our bones. We understand that bones make up our structural frame, but we tend to think of our bones like the frame of a house. Supporting and rigid, and that's it.

The truth of it is that bone is an active, living tissue. Bone is constantly changing, undergoing synthesis and remodeling itself. Like all other bodily tissue, bone is totally dependent on many different micronutrients and enzymes for optimum bone function and health.

Unfortunately the typical western diet is now so heavily weighted with white flours, refined sugars and fats it is deplete of many of the micronutrients required for healthy bones.

There are other aspects of concern with the typical western diet. Do you regularly drink carbonated beverages? Did you know that carbonated drinks increase the body's intake of phosphorus – which, in turn, decreases our absorption of calcium. Decreased absorption of calcium can lead to an unhealthy, nutrient-starved skeletal system. And in time this can lead to osteoporosis.

Whilst calcium is necessary, it is not the only critical micronutrient for healthy bones. Make sure your diet has an adequate supply of magnesium, zinc, silicon, boron, folic acid, vitamin B6, vitamin B12, Manganese, vitamin K, vitamin D and magnesium. These trace elements are important and many of us

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are not getting them from our regular food consumption patterns. For instance, the Journal of Nutritional Medicine reports between 80 to 85 per cent of Americans consume a magnesium–deficient diet!

The good news is that if many of us with diet deficiencies which may have impacted our bone health, can improve our situation with a few lifestyle adjustments. Medical evidence supports an improvement in bone density where people make lifestyle changes to incorporate weight bearing exercise, a diet more rich in fresh fruit and vegetables, complemented with high quality nutritional supplements.

Why wait until you bones start breaking before you think about ensuring a healthy skeletal system? Have a look at good quality nutritional supplementation .

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Kim Beardsmore, B.Sc, (Biochemistry) is a successful wellness consultant and assists people lose weight and keep it off! To see what you can do to take control of your weight, visit her website at

<http://leanmachine.org/?refid=osteo-16274>

You're At Risk For Osteoporosis! Thousands Of Women Die From Osteoporosis Yearly

By Phil Beckett

Osteoporosis Risks & Prevention Options

By Phil Beckett

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Osteoporosis is a condition that involves the loss of bone mass, which results in chronic, progressive bone weakening.

This "thinning" of the bones can be caused by a number of disorders, but is most frequently seen as a consequence of age.

Osteoporosis is much more common in women, who usually begin to develop the disorder around the time of menopause, a time marked by a drop in the body's estrogen

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level.

While most cases are associated with menopause, any other condition that causes a drop in estrogen can lead to osteoporosis.

Besides advancing age and being female, other risk factors for osteoporosis are:

- Early menopause;
- Family history;
- White or Asian race;
- Not getting enough calcium in your diet;
- Smoking;
- Alcohol;
- Lack of exercise;
- Low body weight;
- Small stature.

Osteoporosis causes approximately one million fractures in postmenopausal women every year.

Tens of thousands of deaths in women each a year are associated with complications of osteoporosis.

How To Recognize Osteoporosis:

The pain of osteoporosis often goes unnoticed. The following signs indicate you may have osteoporosis:

- Height loss
- Back pain
- Bone fragility
- Bone fracture

Fractures that occur as a result of very minor trauma are often the first sign of osteoporosis.

About 35 percent of vertebral fractures are not painful. They are sometimes only detected by height loss, chronic back pain, and kyphosis.

Hip and other serious fractures are usually caused by a fall.

Osteoporosis Prevention Is The Key:

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First and foremost, make sure that you exercise using a properly structured fitness and nutrition program...

And do it on a regular basis! This is an excellent option for preventing osteoporosis. This must include exercise with weights. It is very important for good health and strong bones.

Make sure you are getting enough calcium. Calcium builds strong bones.

Foods such as such as milk; yogurt, cheese, and other dairy products; and dark green and leafy vegetables do contain calcium.

But, unfortunately, you just cannot get enough from these food sources.

Therefore, you must take a calcium supplement to ensure you are getting enough.

Don't Smoke. Besides the many health risks caused by smoking, women who smoke have more chance of getting osteoporosis.

Limit the amount of alcohol you drink. Alcohol can hurt the cells that build your bones. It also lowers the amount of calcium in your body.

You must ensure that you are getting all of the vitamins and

minerals your body needs to promote good health. To do this, you have to take a good quality daily multi-vitamin.

Osteoporosis begins when you are a child and is often not found until you are much older. That is why it is so important to eat well and get lots of exercise to keep your bones healthy and strong.

Essential Vitamins Needed:

In addition to calcium, your body needs magnesium, a mineral necessary to activate the chemical reactions that form new bone.

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Another mineral important to normal bone formation, manganese, is needed to help make your bones more resistant to breaking.

Your body also needs folic acid to properly build the fibrous collagen framework of bone onto which to mineral salts deposit. Without a strong framework, the bone will become weak and defective and more prone to breakage.

Vitamin B6 is also needed to build the fibrous framework that supports the bone minerals.

Vitamin C is very important for collagen and connective tissue formation.

A deficiency of vitamin B12 prevents your body's bone building cells from functioning properly.

There are many essential vitamins and minerals that your body needs on a daily basis to help prevent and treat osteoporosis but the best choice by far is coral calcium and above sea coral calcium is even better.

When selecting a coral calcium product, it needs to contain 1.5 grams of above sea coral calcium per serving, complete with a certificate of analysis on display confirming the potency.

In addition, and just as important, your coral calcium should be fortified with both a red and green phytonutrient mix using New Zealand grown ingredients.

It's widely accepted that coral calcium, containing a plant-based red and green phytonutrient mix, reflects the best possible combination for osteoporosis.

I can confidently recommend this type of coral calcium product to you and have received only very positive feedback from the individuals who have already used it.

For more information on how to prevent and relieve osteoporosis please visit:

<http://www.womens-health-fitness.com/osteoporosis.html>

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Phil Beckett is the President & C.E.O of Physique Concepts Inc. and is the author of 3 very popular and successful health & fitness books and designs customized general health, weight loss, flexibility and cardiovascular exercise programs for women. He has trained and educated more than 3000 women of all ages, interests, and limitations, in health, fitness and nutrition, both on-line and off-line for more than 15 years.

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