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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!**

**WHAT IS OSTEOPOROSIS**

By j

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**WHAT IS OSTEOPOROSIS**

Osteoporosis is a disease of the bones, the disease affects mostly older women but older men can get also. People with osteoporosis have bones that become weak and can break easily – it causes about 1.5 million fractures (broken bones) annually. The bones most frequently broken due to osteoporosis are the hip, back, and wrist.

Can I prevent Osteoporosis?

Basic genes determine the height and strength of your skeleton and frame, but lifestyle determines the amount of "bone" you preserve during your youth, which determines how much is saved for later in life. Healthy bones need a well-balanced supplement including vitamins and minerals from different groups. You especially need a diet rich in calcium.

IH Distribution LLC has a world-class supplement called Calcium Plus, which is formulated to provide 100% US RDA for calcium. It is formulated for maximum bio-availability, including essential minerals to generate healthy bone growth and density. It can be ordered @ [www.ihdistribution.com](http://www.ihdistribution.com)

Bones need regular weight-bearing exercise to be strengthened. Good bone building exercises include running, aerobics, tennis and walking. Smoking and drinking have a toxic effect on bone structure and development in both men and women.

Who gets Osteoporosis?

10.0 million Americans have osteoporosis and 8.0 million are women. Approximately 34 million Americans have a condition called Osteopenia, which is pre-cursor to the disease. Women who are at greatest risk for osteoporosis are those who:

- Have a family history of the disease
- Have not had sufficient calcium in their diet
- Had an early menopause

## WHAT IS OSTEOPOROSIS

Had surgery to remove their ovaries

Had extended bed rest

Used certain medications for long periods of time (steroids)

Have small body frames

How do I know if I have Osteoporosis?

Early signs of osteoporosis are losing height or having bone(s) that break easily. Bone density is the term referring to the solidness of bones. A DEXA-Scan (Dual-Energy X-ray Absorptiometry) is required by your doctor to actually measure bone density.

What Else?

Hormone Replacement Therapy (HRT) lowers the risk of hip, other fractures, and certain cancers but increase the risk of breast cancer, heart disease, stroke, and blood clots. One product gaining

prominence today is all-natural hormone balancing cream derived from botanical sources that provide the benefits of HRT without the side effects. Check today for free information about Natural Balancing Creams at [www.ihdistribution.com](http://www.ihdistribution.com).

Other Sources of Information

[www.realprogesterone.com](http://www.realprogesterone.com)

[www.ihdistribution.com](http://www.ihdistribution.com)

National Women's Health Information Center (800-994-9662)

National Osteoporosis Foundation (202-223-2226) ([www.nof.org](http://www.nof.org))

Osteoporosis and Related Bone Diseases National Resource Center

Phone - (202) 223-0344

TDD - (202) 466-4315

(800) 624-2663 (Bone)

[www.osteoporosis.org](http://www.osteoporosis.org)

National Institute of Health

Phone - (800) 222-2225

TTY - (800) 222-4225

[www.nih.gov/nihs](http://www.nih.gov/nihs)

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**Natural Progesterone And Osteoporosis Treatment Success**

**By David Buster**

## WHAT IS OSTEOPOROSIS

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.

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

## WHAT IS OSTEOPOROSIS

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>

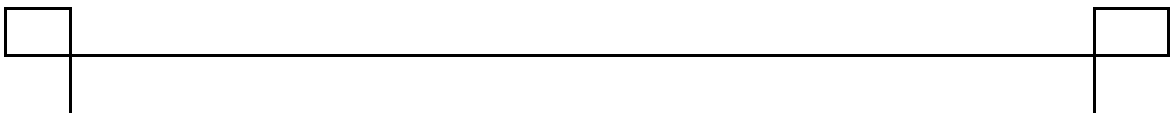
– a website of physician-recommended natural treatments for

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

Use and Abuse of Steroids



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