

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

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

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Osteoporosis Risks & Prevention Options

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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 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;

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- 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:

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

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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.

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.

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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>

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.

Natural Progesterone And Osteoporosis Treatment Success

By David Buster

Using natural progesterone and osteoporosis was successfully treated? Is it possible? After all, natural

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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

progesterone supplementation would greatly benefit women that had already experienced considerable

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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

– a website of physician-recommended natural treatments for

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



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