

Banish Osteoporosis

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Read Free Banish Osteoporosis outside of the bone grows weaker and thinner. Osteoporosis - Wikipedia Osteoporosis, which literally means porous bone, is a disease in which the density and quality of bone are reduced. As bones become more porous and fragile, the risk of fracture is greatly increased. As bones become more porous and fragile, the risk of

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This may include: taking regular exercise to keep your bones as strong as possible healthy eating - including foods rich in calcium and vitamin D taking a daily supplement containing 10 micrograms of vitamin D making lifestyle changes - such as giving up smoking and reducing your alcohol consumption

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Medicines for osteoporosis. A number of different medicines are used to treat osteoporosis (and sometimes osteopenia). Bisphosphonates. Bisphosphonates slow the rate that bone is broken down in your body. This maintains bone density and reduces your risk of a broken bone. There are a number of different bisphosphonates, including: alendronic acid

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Osteoporosis causes bones to become weaker and more fragile. Some people are more at risk than others. Bones are thickest and strongest in your early adult life until your late 20s. You gradually start losing bone from around the age of 35. This happens to everyone, but some people develop osteoporosis and lose bone much faster than normal.

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Banish Osteoporosis, Insomnia, Fatigue and More With ... Good sources of calcium include: Low-fat dairy products Dark green leafy vegetables Canned salmon or sardines with bones Soy products, such as tofu Calcium-fortified cereals and orange juice

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Banish Osteoporosis - Kindle edition by Elaine ... Osteoporosis is a bone disease. Its name comes from Latin for [porous bones.]. The inside of a healthy bone has small spaces, like a honeycomb. Osteoporosis increases the size of these spaces, causing the bone to lose strength and density.

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