Manage Osteoporosis Naturally

Dear Center For,

You can keep your bones strong. Osteoporosis is an underestimated and misunderstood disease. Millions of Americans, both men and women, are affected. The answer is more complicated than just calcium or drugs. Learn about the risk factors, the disease process, and what you can do to avoid osteoporosis. Discover the best ways to protect your bones without medications! You will learn scientifically supported information that can help you avoid bone loss and improve your quality of life in later years.

Here are some simple resources to help you better understand Osteoporosis and how to deal with it!

We hope you enjoy,

The NEWSTART Lifestyle Club Team

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by Michael Orlich, MD

Dr. Michael Orlich explains osteoporosis, and simple steps you can take to avoid it.

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Osteoporosis: No Cracking Up Please

by John Glenn Clark, MD

The National Institutes of Health defines it as, “Skeletal disorder characterized by compromised bone strength, leading to an increased risk of fracture.”

What does all that mean? Well, your bones get thin and start to break. Bone structure is much like the architecture of an old steel beam bridge, with girders crisscrossing for strength and stability. When you start across such a bridge, how many of the girders would you be willing to have missing or rusted through and still feel assured of safe passage? So it is with the bones. In the bones the “girders” are called trabecula. Osteoporosis is,
“Osteo” meaning bone and “porosis” meaning opening or passage, literally holes in the bone. Osteoporosis is holes where trabecula once existed. This leaves the bone weak and susceptible to fractures.

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**Featured Recipe**

**Almond Milk**

by Sally Christensen, BA

1. Put nuts into 2 cups of the water and blend until smooth.
2. While blending add other ingredients, the remaining water last.
3. Shake well each time before using.

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Osteoporosis: No Cracking Up Please

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Epidemiology of Osteoporosis
Osteoporosis affects about 10 million Americans: 80% of victims are women. Another 34 million Americans have osteopenia, a milder thinning of the bones that will lead to osteoporosis if nothing is done to stop the dangerous process. Over 1.5 million osteoporotic fractures occur each year, 300,000 hip fractures, 700,000 vertebral fractures, 250,000 wrist fractures just to mention a few.

Fractures
Wrist fractures increase with the onset of menarche. Hip fractures increase in the years following retirement when people become less active and quit engaging in weight bearing activities. Osteoporotic spine fractures increase with menopause and further increase with inactivity upon retirement.

Wrist fractures are quite disabling. Besides being in a cast from 4 to 6 weeks, having surgery or needing rehabilitation, people with wrist fractures are at high risk of developing painful arthritis in the years following injury.

Spine fractures resulting from osteoporosis reduce the quality of life. Spine fractures result in a hunchback appearance which medically we call kyphosis. Kyphosis results in an overall loss of height. Spinal fractures are often painful. As the posture becomes more stooped and the contents of the stomach and lungs become compressed, the abdomen starts to protrude, gastrointestinal reflex symptoms develop, and breathing becomes difficult. If all this is not bad enough, depression can set in.

Of all fractures resulting from osteoporosis, none are more devastating than hip fractures. Thirty-five percent of post-menopausal white women have osteoporosis of the hip, spine or wrist. Is osteoporosis improving in our nation? By the year 2020 it is estimated that nearly 50% of Americans over age 50 will have osteoporosis of the hip. The cost of hip fractures...

Buy the DVD
Almond Milk

http://newstartclub.com/recipe/292

Ingredients

- 1 c. raw almonds (blanched almonds make it even better)
- 1 qt. water
- 1/4 tsp. salt
- 6 dates (opt. for sweet milk)
- 1 tsp. vanilla (opt.)

Instructions

1. Put nuts into 2 cups of the water and blend until smooth.
2. While blending add other ingredients, the remaining water last.
3. Shake well each time before using.

Tags: Drinks  Gluten Free  Oil Free  Soy Free  Wheat Free  American

Sally Christensen, BA

Sally Christensen is a retired cooking instructor at the NEWSTART Lifestyle Program. She has been teaching others how to cook healthfully at NEWSTART, Reversing Diabetes seminars, and local community classes for almost 20 years. Sally was a major contributor and editor of the well regarded NEWSTART Lifestyle Cookbook. She has also done cooking shows for television, reaching audiences across the world.

View Recipes by Sally Christensen