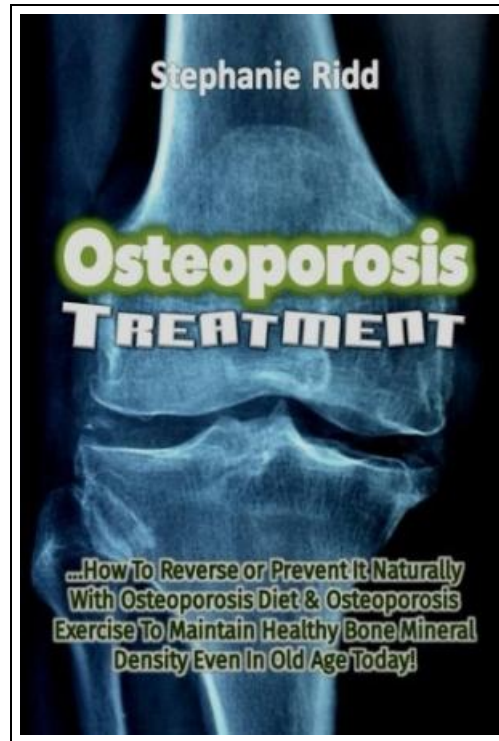


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OSTEOPOROSIS TREATMENT: HOW TO REVERSE OR PREVENT IT NATURALLY WITH OSTEOPOROSIS DIET AND OSTEOPOROSIS EXERCISE TO MAINTAIN HEALTHY BONE MINERAL DENSITY EVEN IN OLD AGE TODAY! (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.To start with, Osteoporosis is a state or condition of health in which the bone density in the skeletal system is reduced. yes, and as a consequence, putting an individual at an increased risk of bone fractures and the subsequent morbidity together with the mortality associated with fractures! As a matter of fact, it has been proven that several osteoporosis risk factors are not modifiable. they are not what you can do anything about. These factors include being of the female gender, a member of the Asian or Caucasian race. Besides all those, you need to know that even having a small and thin body frame is among many of the osteoporosis risk factors that you can certainly not do anything about. Yes, Osteoporosis risk factors include such things as having a strong family history of osteoporosis! For example, if you have a mother who developed an osteoporotic hip fracture then your chances of going through the same experience in the future can be said to have been doubled! In fact, if you have a personal history of having a fracture as an adult then you also have a higher tendency of developing osteoporosis. Well, this applies in particular if you have encountered a fracture that was not easily explained by the extent of the injuries suffered. However, that being as it may, there are also some modifiable risk factors. I mean those we can do something about. Yes, some of the modifiable osteoporosis risk factors embrace things such as a diet low in calcium, too much alcohol intake, and smoking of cigarettes and a lack of exercise. Besides, there are also other osteoporosis threat factors that may...

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