

# BUILD YOUR BONES



## 5 steps to preventing osteoporosis

**3 in 5**

adults age 50 and older are at risk of breaking a bone.

### 1 EAT RIGHT

Dairy | Fruits  
Vegetables | Juices  
Fortified Foods



### 2 BE ACTIVE

high-impact,  
weight-bearing &  
muscle-strengthening  
exercises



3

DRINK IN MODERATION  
& DON'T SMOKE



### 4 TALK TO YOUR DOCTOR

To find out if you should  
take supplements or have  
a bone density test



### 5 LISTEN TO YOUR DOCTOR

If your doctor recommends  
medication for osteoporosis,  
follow his or her instructions.

For a list of nutrient-rich, bone-building foods recommended by  
the National Osteoporosis Foundation [CLICK HERE!](#)



BAPTIST HEALTH®

#### Sources:

— National Osteoporosis Foundation

# Osteoporosis How To Prevent The Britt

**J Elliott**



## **Osteoporosis How To Prevent The Britt:**

**International Perspectives on Osteoporosis**, 1989      Osteoporosis Pamela Horner, 1989 This is the story of one woman's struggle with and triumph over osteoporosis the disease that affects a quarter of a million women in Canada and over twenty million in the United States In simple language the book clearly defines the causes and effects of the disorder and stresses the importance of proper nutrition and exercise as preventive measures for those at risk The author's account of how she fought her way back to relative good health is a source of inspiration to fellow sufferers This is a self help guide that offers an overall message of hope and emphasizes the positive role a patient can play in self rehabilitation      **Women & Aging** Helen Rippier Wheeler, 1997 Guide with more than two thousand bibliographic entries and cross references It includes journal articles book chapters essays and doctoral dissertations as well as complete books      **Osteoporosis** Wendy Smith, Stanton H. Cohn, 1985 Abstract In the United States approximately 20 million people are afflicted with osteoporosis a disease resulting in accelerated bone loss and fragility The disease is more commonly found in women especially after menopause when normal estrogen levels diminish The best way to prevent osteoporosis is by building peak bone mass before the onset of menopause by eating a calcium rich diet and participating in weight bearing exercises After menopause even more calcium may be required to prevent bone loss Careful dietary supervision and planned physical activity are the best methods in preventing the onset or progression of the disease      The PDR Family Guide to Natural Medicines and Healing Therapies, 2000 Mainstream medicine's first guide to safe and effective modes of alternative healing The world of natural and alternative medicine offers an amazing array of effective inexpensive but still controversial health care choices Now in this milestone book America's most trusted provider of medical information the Physicians Desk Reference cuts through the controversy and tells you what you need to know about your healing options Which widely available herbs vitamins and minerals act like potent prescription medication Fifty alternative therapy options how they work what they strive for and potential side effects Self help techniques to stave off and even reverse chronic problems and disease The latest findings on acupuncture aromatherapy chiropractic adjustment homeopathy and much more How certain natural remedies interact with conventional drugs Easy to use indexes that will enable you to find treatment options for hundreds of ailments identify the most effective herbal remedies and research natural medicines by both common and Latin names A sixteen page herb identification portfolio featuring more than one hundred medicinal herbs photographed in full color      **LC Science Tracer Bullet**, 1972      *Jim Kobak's Kirkus Reviews*, 1985      **Science Tracer Bullets: Medical and biological sciences** Helene Henderson, 1990      *McCall's*, 1995      *Living With Endometriosis* Kate Weinstein, 1987-01-21      Prevention's Lose Weight Guidebook, 1993 Mark Bricklin, Anne R. Imhoff, 1992-12 Here you'll find the most direct route to shedding the pounds WITHOUT special diets programs or fad foods In this guidebook the editors of Prevention magazine have selected the most up to date practical advice from the nation's leading experts in nutrition exercise weight loss diet and health care

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