



What is Osteoporosis?

Osteoporosis is a condition characterized by the gradual loss of the normal density of bone. This condition **causes bones to become porous**, which in turn becomes weak and brittle increasing the risk of fractures. It is often referred to as the silent disease because there are rarely symptoms of pain and it manifests itself gradually.

Bones are made up of protein, collagen and calcium which help to keep them strong and healthy. As you get older, **bone formation shifts and bone strength is gradually lost**. When there are low levels of calcium, phosphorous and other minerals, bones weaken and osteoporosis develops. A mild form of osteoporosis is called osteopenia – when bones are structurally weaker and less dense. Osteoporosis fractures often affect the spine, hip or wrist.

While osteoporosis is more common in women experiencing , men may also develop this condition. Osteoporosis tends to strike after the age omenopausef 50 years. With the help of a calcium-enriched diet, a **weight bearing exercise routine, medication and natural support**, osteoporosis can be treated. However, without the correct treatment, fractures of the spine and hip can occur – which may eventually result in disability and further complications.

Symptoms and signs

The common symptoms and signs of osteoporosis include:

There are seldom any symptoms during the early stages of bone loss. However, when osteoporosis develops symptoms such as:

- Chronic lower back pain as a result of collapsed or fractured vertebra
- Loss of height or curving of the spine
- Fractures of the hips, wrists, vertebrae or other bones

What Causes Osteoporosis?

There are many factors that contribute to bone loss and these include:

- Decreased estrogen production during menopause
- Women are more prone to osteoporosis
- Men with low levels of male hormone testosterone
- Bones weaken in both male and females after the age of 50 years
- Men and women who have small frames and are extremely thin
- Caucasians and South-East Asians are at a higher risk of developing

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Family history of [osteoporosis](#) and bone fractures
- Smoking
- Excessive intake of alcohol or alcoholism
- Women and men with eating disorders such as anorexia nervosa and bulimia
- Health conditions such as gastrointestinal disorders such as Crohn's disease and celiac disease as well hormonal imbalances that cause hyperthyroidism, hyperparathyroidism and Cushing's syndrome. A hysterectomy (removal of the uterus) and the complete removal of the ovaries may also increase the [risk of osteoporosis](#)
- Stress and severe depression
- Medications such as diuretics, blood-thinning medications, corticosteroids, cholesterol, drugs, and Gonadotropin-releasing hormones
- Lack of exercise
- Decreased intake of calcium
- Excessive intake of soda

Diagnosing Osteoporosis

Doctors usually recommend that women have an [osteoporosis](#) screening taken to **measure the amount of calcium in the bones**. This measurement will determine the bone mineral density (BMD). Women who are not taking estrogen, and have the following risk factors such as taking corticosteroid medication, have a **family history of [osteoporosis](#)**, suffer from type 1 diabetes, kidney or liver disease, have experienced early menopause or are postmenopausal should have the bone density test performed.

Tests such as a dual-energy X-ray absorptiometry or DEXA, peripheral dual-energy X-ray absorptiometry (P-DEXA), dual photon absorptiometry (DPA) and a quantitative ultrasound are used to measure bone density.

Help for Osteoporosis

In order to protect and strengthen bones and muscles, it is essential have an **adequate intake of calcium as well as exercise regularly**. A daily calcium dosage of 1,000mg is recommended for everyone over the age of eight years while a higher intake is recommended for teens (1,300mg) and adults over 50 years (1,200mg).

Calcium can be consumed in the form of dairy products, dark green leafy vegetables, dried fruit (apricots or figs), fish such as mackerel, salmon or sardines as well as soy and tofu. Getting sufficient vitamin D is equally important to **strengthen muscles and absorb calcium**. Include weight bearing activities such as weight lifting, step aerobics, or jogging into your exercise regime to support healthy bones.

Conventional medications prescribed for [osteoporosis](#) may include: Bisphosphonates (such as alendronate and risedronate), Calcitonin, hormone replacement therapy (HRT), Teriparatide, or Tamoxifen. A hip protector may also be worn to **provide extra protection for the hip bone** especially if an elderly person is prone to falling. In cases where osteoporosis is severe and compression fractures have occurred, surgical procedures such as vertebroplasty or kyphoplasty are likely to be performed.

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Natural remedies

Herbal and Homeopathic remedies used together with a **diet high in calcium, healthy lifestyle, and exercise** can reduce the symptoms of [osteoporosis](#) and offer natural support without side effects during perimenopause and menopause.

Herbs such as Cimicifuga racemosa (Black cohosh) and Pulsatilla vulgaris (Pasque flower) are excellent supportive ingredients for the nervous system and female reproductive system, helping to **support the body in a natural and gentle manner**. Therapies such as physical therapy, acupuncture, or tai chi may also be useful in improving the [symptoms of osteoporosis](#), while also providing great ways to de-stress.

Prevent Osteoporosis

There are several ways to prevent and [reduce osteoporosis](#) and these include:

- Eat a well balanced diet that contains of calcium enriched foods such as dairy products, figs, soy and dark green vegetables (broccoli, spinach, kale)
- Incorporate strength training or resistance training (walking, running, step aerobics or weight lifting) into your exercise program lifestyle at least three times a week
- Maintain a good posture by bending your knees when lifting, place a rolled towel in the small of your back when you sit or drive, and do not lean over when reading
- Reduce your intake of caffeine and salt as it may interfere with the body's ability to absorb calcium
- Increase your intake of calcium, magnesium and vitamin D supplements
- Stop smoking as it may increase your risk of developing [osteoporosis](#)
- Limit your intake of alcohol
- Avoid excessive dieting and skipping meals as you are losing bone mass and preventing the body from receiving the proper nutrients it needs to build strong bones and teeth
- If you have [osteoporosis](#), wear shoes with low heels or rubber soles to prevent your risk of falling
- Ensure that your living space is fall-proof by keeping rooms, hallways and stairways well lit, clearing away clutter and repairing loose carpeting or floorboards

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago,

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homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of



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inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Dong Quai: Promotes a healthy reproductive system, premenstrual, menstrual and menopausal health

Dong Quai, one of the most important of the Chinese tonic herbs, is used as a **nourishing blood tonic and to support the menstrual cycle**. Dong Quai has been used for centuries by Asian healers to support **balance of female hormones** and to promote hormonal health during the menopause and perimenopause. More recently, clinical research has confirmed the effectiveness of this tonic herb.

[Learn more about Dong Quai](#)

MellowPause: Supportive remedy for menopausal women - promotes balanced mood restful sleep

MellowPause is a 100% safe, non-addictive natural herbal formula containing a selection of herbs to **support a woman's overall health during perimenopause and menopause**. MellowPause supports the temperature-regulating mechanisms of the body (to **address hot flashes** commonly associated with the change of life), while helping to **maintain healthy sleep patterns and balanced mood**.

Especially formulated for women by a Clinical Psychologist, MellowPause has been used for many years to safely **support the female system** during the common process of menopause. MellowPause **supports overall systemic health**, without compromising health or risking serious side effects.

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

MellowPause is presented in handy tincture form for **rapid absorption into the system**. The formula remains true to the whole spectrum method of herbal extraction, ensuring the potency, bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

In **combination with a healthy lifestyle and diet** which excludes excess sugar, stimulants, artificial preservatives, colorants and excessive alcohol intake, MellowPause can make all the difference, **without compromising health or risking serious side effects**. While soy has been shown to have positive effect on hormone balancing, MellowPause's combination of herbal ingredients supports not only routine **balanced hormonal levels in the female body**, but also helps to maintain healthy sleep patterns and balanced mood.

[Learn more about MellowPause](#)

Read the testimonials for these quality products [here!](#)



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