

What Should I Expect with Osteoporosis?

by NEWLIFEOUTLOOK TEAM

The Progression of Osteoporosis and How Its Treated

Reversing or reducing bone density loss requires a bit of a lifestyle change. Three ways you can improve your condition are with vitamin D, calcium, and exercise. Vitamin D promotes calcium absorption and calcium helps to build better bones. Vitamin D also helps improve your muscle function, which will help you when exercising. While supplements may seem like an easy solution, you should incorporate more calcium-heavy items into your diet. You'll get more out of the actual nutrition than you will from a supplement. The only supplement medical professionals typically recommend is vitamin D. Vitamin D is the sunshine vitamin, but direct exposure to the sun carries risks of its own.

