Top 10 NLO|Osteoporosis Articles of 2015

by NEWLIFEOUTLOOK TEAM

10. Osteoporosis and Alcohol

While enjoying an occasional glass of wine is fine, if you can’t limit how much alcohol you drink you should be aware how osteoporosis and alcohol interact.

9. Fighting Osteoporosis Fatigue

Some people experience osteoporosis fatigue as they struggle to maintain their bone health. However, the cause of the exhaustion isn’t always clear.

8. What Causes Osteoporosis?

The term osteoporosis means porous bone, which is an exact description of what the condition is. Osteoporosis is a common affliction, which is preventable.

7. Osteoporosis and Weight

Do you want to better manage your condition? Keeping an eye on the relationship between osteoporosis and weight is one good step to keep your bones healthy.

6. Osteoporosis and Calcium

If you have osteoporosis, you probably know that you need calcium to keep your bones healthy. However not all sources of calcium are alike.

5. Osteoporosis and Digestive Problems

In cases of severe osteoporosis, one may notice digestive problems, because the curvature of the spine will cause a reduction of the space between organs.

4. Vitamin D & Osteoporosis

There is a strong correlation between vitamin D and osteoporosis when it comes to preventing falls or fractures.

3. Living With Osteoporosis

Consider making these lifestyle changes to ensure living with osteoporosis has as little impact as possible on your health and happiness.

2. Yoga for Osteoporosis

While there are several treatment options available, yoga for osteoporosis is one option that can be effective for treatment without the use of medication.

1. Herbs for Osteoporosis

You can improve your bone health with these herbs for osteoporosis. Check with your doctor before using them as some can interact with prescription drugs.