

Re: tips of osteoporosis

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2008-04/msg00159.html>

- *From:* BoneLady <srsupporter@xxxxxxxxxx>
 - *Date:* Wed, 23 Apr 2008 08:36:23 -0700 (PDT)
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On Apr 22, 3:26 am, buidoqu8 <ilham.nansyah.maul...@xxxxxxxxxx> wrote:

Osteoporosis is diluting or calcification of bones. In the other terminology, it is the reduction of bone mass. This pain affects bones brittle, crooked and broken. Most of sufferers are women of sixties.

These are several tips for this pain:

What needs avoiding from getting osteoporosis?

" Don t delay healing of rheumatic. If being rheumatic, it s immediately cured totally. It s not only for relieving pain with medicine.

" Avoid deficiency of mineral for bones and muscles (calcium and magnesium)

" If bone feels painful, you might see at <<http://www.pennasianormalization.com>>Pennasia Normalizationand aren t only to take analgesic

What s better to do if getting this disease?

" Contact PENNASIA NORMALIZATION, to deaden worn-out sediment and accelerate blood tract. Supply of mineral won t be effective if structure of muscle isn t normalized and your blood tract isn t accelerated anymore.

" Fulfil needs of mineral for bones and muscles.

Hopefully the sufferers of this illness will get well soon.
And additional information: in a few days later, Pennasia Normalization will launch Technique of Diabetes Therapy for free charge in my site.

Are you interested in an alternative to prescription drugs for osteoporosis? Strontium builds stronger bones than drugs like Fosamax, Actonel, or Boniva but without the dangerous side effects. For more information about strontium for treating osteoporosis, please visit Strontium For Bones at <http://strontiumforbones.blogspot.com/>. My blog offers visitors discussions, information, and links which will be updated periodically.