



## Top 10 NLO|Osteoporosis Articles of 2015

by NEWLIFEOUTLOOK TEAM

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### **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**

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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.