

# Osteoporosis

## Causes/risk factors:

### *What is Osteoporosis?*

Osteoporosis is a metabolic disease in which the structure of bone tissue breaks down, leaving bones thin and brittle. As part of the natural lifecycle of bone, old bone tissue is continuously being absorbed and a new bone is formed until the age of thirty. Bone mass increases because new bone forms faster than old bone breaks down. After thirty, the rate of new bone formation gradually declines, leading to overall loss of bone mass.

### *What Causes Osteoporosis?*

Aging is the major cause of osteoporosis; it is more common in women than in men because of the production of estrogen, a female sex hormone. This helps supply bones with calcium, a mineral that is essential for new bone formation. The danger is especially high in woman who experience early menopause.

## Diagnosis:

Osteoporosis is most often diagnosed with dual energy X-ray absorptiometry (DEXA) which measures the mineral content of bone- an indicator of its density and strength. Women should start having routine bone density tests by age of sixty or earlier if they have family history of osteoporosis.

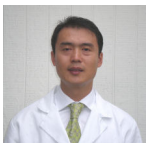
## Treatment:

I use a secret family recipe- extract calcium from oyster shell powder and pearl powder to form pearl calcium, a concentrated all natural calcium dietary supplement, which can increase new bone cells to form much faster than people who do not take pearl calcium. Because pearl calcium is all natural and 100 percent dissolvable, the body will absorb and digest much faster.

During many years of practice I often heard patients tell me that they take calcium for many years but they have not noticed any difference, but once they take pearl calcium only several months they can feel calcium work in their body. For example: the patients will feel their knees stronger than before, hair loss is decreased, nails grow faster and stronger, and the quality of sleep is increased. That is the reason why 95 percent of my pearl calcium consumer become a regular customer.

## Prevention:

- Exercise play an important role of new bone mass forming. Walking, cycling, dancing, and swimming are heavily encouraged. I recommend doing these activities at least three to four times per week.
- Eating a balanced diet with pearl calcium can provide daily vitamins and calcium need for body. Good sources of calcium from food are low-fat milk or yogurt, tofu, leafy green vegetables, sardines and salmon with bones, and cereals.
- If you have frequent muscle cramps, cut back on caffeine and alcohol use. Proven techniques to control emotional stress are meditation, yoga, and tai chi



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