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OSTEOPOROSIS IS PREVENTABLE WITH NUTRITION!

Stransky, M; Rysava, L. Nutrition as Prevention and Treatment of Osteoporosis. *PHYSIOLOGICAL RESEARCH* 58 (SUPPL). 2009. p.S7-S11

Osteoporosis is a systemic disease of the skeleton, characterized by reduction of bone mass and concurrent deterioration of bone structure. Consequently, bones are more fragile, and there is increased risk of fractures. The potential for acquisition of maximum bone mass is influenced by a number of factors. Among those are heredity, sex, nutrition, endocrine factors, mechanical influences and some risk factors. The best documented nutrient for metabolism of bone is calcium. Major role in the pathogenesis of osteoporosis have some micro and macro nutrients, prebiotics, alcohol, alternative diets, starvation and anorexia. Meta analysis of 29 randomized trials showed that supplementation with [calcium](#) and [vitamin D3](#) reduces risk of bone fractures by 24 % and significantly reduces loss of bone mass.

Osteoporosis has multi factor etiology.

Osteoporosis is one of those diseases which are influenced by nutrition and lifestyle.

It [*osteoporosis*] is preventable by means of adequate nutrition and sufficient physical activity.