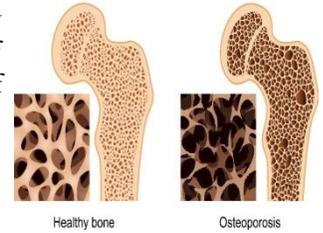


Osteoporosis & Homeopathy

Osteoporosis, or brittle bones, is a disease where bones become weak due to deficiency of calcium in bone tissues. Failure of absorption of calcium in bones results in the reduction of bone mass; it means bones break easily. This slow but steady process generally starts at the age of about 50, particularly in women, and often goes unnoticed until a sudden break in a bone occurs.



Risk factors and its management:

- ✓ It can occur at any age, but most commonly is found after age 40.
- ✓ Women having early menopause or with total hysterectomy.
- ✓ Getting too little calcium in diet.
- ✓ Persons who are suffering from thyroid, parathyroid or liver diseases.
- ✓ Obesity is one of the major factors in helping osteoporosis to develop.
- ✓ Persons having inactive life style.
- ✓ Smoking, alcohol, excess use of salt, tea or coffee or highly seasoned food.

Symptoms:

- Back pain, caused by a fractured or collapsed vertebra
- Loss of height over time
- Spine becoming curved and any reduction in your height
- A bone fracture that occurs much more easily than expected
- Easily tired and exhausted

Useful Supplements:

- Calcium 1000mg & Magnesium 500mg in a 2:1 ratio.
- A multivitamin and mineral (e.g. Zinc & Copper) formula incorporating good levels of vitamin D.
- Soya Isoflavones 100mg extract daily.
- Vitamin C – 1 to 3 grams daily – encourages healthy bone ‘matrix production’

Diet and lifestyle: Physical exercise can slow down bone mass loss but it must be ‘load bearing’ (walking, tennis etc.) so the bones are flexed which encourages calcium to be laid down. The food that we eat can affect our bones. If we eat a well-balanced diet with plenty of dairy (milk, yogurt and cheese), fish, fruits and vegetables, we should get enough of the nutrients we need every day.



How can homeopathy help?

Homeopathy is a safe and gentle way to tackle osteoporosis. Homeopathy will not reverse existing bone loss but they help to ease the pain of bones, help the bones to heal from any breaks or fractures, and allow the absorption of essential minerals and nutrients to prevent bone loss. Homeopathy can bring the body into better balance. It works both to correct & prevent further nutritional deficiency of the bones.

There are many homeopathic remedies used for osteoporosis symptoms. Depending on each patient, some remedies might be more suitable than others. Some homeopathic remedies include: Calc-carb, calc-fl, calc-phos, phos, prednisone, symphytum, silicea, cortisonum, parathyroidinum.

Contact here to make an appointment!

London practice address:

Pulborough Road 88
London, SW18 5UJ, UK
Tel: (+ 44)- 78- 33592015
Email: abdulhayee.m@gmail.com

Amsterdam practice address:

Krugerplein 21 HS
1092 KA, Amsterdam, NL
Tel: (+ 31)- 6-16093840
Skype: mehmood.abdul.hayee

Mehmood Abdul Hayee is an author of two books. He did his *research master* from *Hahnemann Institute the Netherlands*. He has spent last ten years in conducting research in Homeopathy. He runs his **practices in the U.K & in Netherlands (London & Amsterdam)**; where he is involved in dealing both acute & chronic cases. He is a *member of the Dutch & U.K Organization of Homeopaths*. He has given several lectures in different homeopathic schools in the Netherlands.



For more information: www.homeopathyforeveryone.com