Osteoporosis is a disease in which the bone’s quality and density are reduced rapidly. In this medical condition, the bones become more fragile and brittle, and the chance of fracture is immensely enhanced. The bones become weaker because they rapidly lose density. Asian and White women above the age of 40-45 are at greater risk for developing osteoporosis. Various other risk factors for osteoporosis include personal and family history, type of body and gender. Yoga is an effective way to get rid of body aches related to osteoporosis which also helps in strengthening the bones.

Causes of Osteoporosis
There are several causes of osteoporosis. Here we have pointed out a few common causes.

- Calcium and phosphorous are the two main components of bones and Calcium is a nutrient that helps bones remain strong. Our muscles, heart and nerves need calcium to function properly. Deficiency of calcium can lead to osteoporosis.
Vitamin D helps to protect the bones and it also immensely helps to absorb calcium. Everyone needs Vitamin D to keep their bones healthy and strong. Deficiency of vitamin D is another cause of osteoporosis.

A Sedentary Lifestyle increases the chance of osteoporosis. A Sedentary Lifestyle is described as a kind of lifestyle in which a person leads a completely activity less life. Therefore, it is recommended to do easy weight loss exercises for 15 to 20 minutes daily.

Lower levels of estrogen among women enhance the chances of osteoporosis. Estrogen plays a pivotal role in the regulation of strength and mass of bone by controlling functions of bone-resorbing osteoclasts.

Cigarette smoke regulates free radicals that can cause death or damage to a cell. The presence of toxins in cigarettes lowers the levels of estrogen that bones need to remain healthy and strong.

Low testosterone level among men can cause osteoporosis. Testosterone initiates bone mineralization and reduces the chance of bone restoration.

Signs and Symptoms of Osteoporosis

Osteoporosis is a silent disease that does not show any evident signs or symptom until the diseased has progressed considerably, causing bone fractures.

- Osteoporosis is causes osteoporotic fractures and the symptoms include excruciating pain at the location of the fracture.
- Fracture of the spine or vertebra causes severe radiating pain that springs from the back to the sides of the body.
Repeated spinal fractures over the years can lead to chronic lower back pain.

Erosion of the bones and curving of the spine due to vertebrae collapse leads to loss of height.

The collapse of the vertebrae also leads to development of a hunched-back in elderly women that is known as the “Dowager Hump”.

A fracture that takes place during the normal course of events is known as minimal trauma or stress fracture.

Hip fractures in case of osteoporosis occur even as a result of trivial slip and fall accidents. It takes a lot of time for the hip fractures to heal because of slow healing of bones.

Deadly Consequences of Osteoporosis

Osteoporotic fractures are not only responsible for great pain and loss of mobility, but also other fatal consequences.

- A person suffering from osteoporosis has a decreased quality of life because a lot of working days are lost due to increasing disabilities caused by fractures.
- In case of hip fractures, even after surgeries, it requires prolonged nursing-home care for the patients to recover completely.
Elderly patients suffering from fatal fractures have the risk of developing pneumonia and blood clots in the veins of the legs due to prolonged bed rest.

Osteoporosis is also linked to an increased risk of death and people with hip fractures have the risk of dying in the subsequent years as an indirect result of the fracture.

A person, who has suffered a spine fracture due to osteoporosis, is more likely to suffer other such fractures in near future.

10 Natural Foods to Prevent Osteoporosis

There are several osteoporosis symptoms like pain, bone fracture and height loss. According to researchers, the following foods help in preventing osteoporosis and relieving the painful symptoms.

Fish

Fish is a rich source of calcium, and a perfect osteoporosis diet should include fish. The list of calcium rich fishes includes sardines and canned salmon. Their tiny bones are one of the greatest sources of calcium. Calcium is important for bone health as it helps bones remain healthy and strong.
Calcium is important for maintaining the levels of bone mass, and it also helps to maintain the structure of the body. Various vegetarian sources of calcium include oranges, sesame seeds, almonds, kale, Blackstrap Molasses and white beans.

Yogurt

Yogurt is one of the most noted foods that help to reduce the problems of osteoporosis. It is derived from milk, and it is a great source of animal protein and several other nutrients such as Vitamin B2, calcium, potassium, Vitamin D, magnesium and Vitamin B12. During menopause, the decreased level of estrogen can cause bone loss and to ensure bone health the body primarily needs Vitamin D and calcium.
Probiotics in yogurt help to keep the intestinal tract and the gut free of disease, and it also boosts the **immune power**. Yogurt prevents colon cancer, and it also helps to reduce the high blood pressure, vaginal infection and improves the problems of constipation, diarrhea.

**Milk**

Regular drinking of milk helps to reduce the symptoms of osteoporosis. Milk and dairy products are foods rich in calcium, protein, carbohydrate, fat, Vitamin A, B Vitamins, Vitamin D, Vitamin C, Vitamin E, folate, iron, magnesium, manganese, phosphorous, potassium, selenium, sodium and zinc. Milk is one of the [glowing skin home remedies](#) that helps to prevent premature aging, remove stains on the face, make the face look more radiant, lower allergic skin reaction, heal wounds, nourish and soften the skin and exfoliate dead skin cells.
Vitamin D is important for absorption of calcium in the body and it also effectively prevents osteoporosis, chronic fatigue, depression, hypertension, muscle pain and cancer. It is essential for bone health and also boosts the immune system.

Eggs

An ideal diet for osteoporosis should include eggs. Eggs are rich in Vitamin D, Vitamin E, Vitamin K, Vitamin B6, Vitamin A, calcium, folate, phosphorous and selenium. Eggs are one of the best natural sources of protein that protect our bones and promote healthy hair and nails. Vitamin D controls the genes involved in making estrogen. Estrogen is one of the main sexual hormones that aid sexual and reproductive development in women.
Phosphorous is an important component for the making of healthy bones, and the density of bones is built up by phosphorous and calcium. Various other health benefits of phosphorous include improved digestion, protein formation and strong bone formation. Several natural sources of phosphorous include nuts, cheese, fish, beef, soya foods, beans and lentils.

Cabbage

There are various types of cabbages like cannonball cabbage, bok choy, choy sum, early jersey wakefield cabbage, January king cabbage, napa cabbage, Portugal cabbage, red drumhead cabbage, savoy cabbage, walking stick cabbage and winningstadt cabbage. So you can see that you are spoilt for choice. Cabbage is one of the best foods for osteoporosis as it ensures strong and healthy bones.
Cabbage is a source of fiber, vitamin B6, Vitamin D, folate along with some of the essential minerals for the body such as manganese, iron, magnesium, phosphorous, calcium for strong bones and potassium that helps to reduce high blood pressure. Rich in Vitamin K, cabbage also helps the process of bone metabolism and prevents Alzheimer’s disease.

Bananas

Banana is one of the effective foods to prevent osteoporosis. Regular eating of banana helps the body to absorb calcium and other essential nutrients that ensure healthy bones. Bananas are loaded with Vitamin A, C and E, natural oils, carbohydrates, potassium, zinc and iron. Bananas protect against cancer, prevent hangovers, diabetes, lower depressions and relieve morning sickness.
The presence of magnesium regulates the development of bone structures. It lowers the level of high blood pressure and prevents cardiovascular disease. Various other sources of magnesium include beans, lentils, fish, nuts, seeds, dark leafy greens, avocado and whole grains. Banana is also an amazing fruit with potent hair and skin benefits and the use of banana face mask for oily skin is well known.

Beans

High in Vitamin D, calcium, fiber and antioxidants, beans and lentils are the best foods for osteoporosis. Folate plays an important role in the development of red blood cells. It is necessary for carrying out many bodily functions like bone repair and bone maintenance, DNA synthesis, amino acid metabolism, the formation of leukocytes and erythrocytes.
Inclusion of fiber-rich beans and lentils in the daily diet might be the answer to the question of how to overcome obesity. It also prevents various cancers including colon cancer as well as heart disease. The presence of antioxidants helps to protect cells from free radicals.

Fruits and Vegetables
Fruits like apples, oranges, cherries, strawberries and vegetables like beets, red peppers, red potatoes aid in the reduction of osteoporosis symptoms. They are loaded with Vitamin C, Vitamin D, magnesium and phosphorous. Vitamin C can slow down the process of bone loss and regulate greater bone mass. It also lowers the rates of fractures.

Vitamin C works as an antioxidant, slowing down the rate of free radical damage, and it is the key to avoiding scurvy. Therefore, increase the consumptions of fruits and vegetables to lose weight in a healthy way and fortify your bones.

Almond
Almond is an oval nutlike seed of the almond tree, growing in a woody shell. It is widely used as food and for oil extraction. It is a good source of manganese, Vitamin E, biotin, copper and riboflavin. It promotes healthy bones and also increases bone density. Almonds are an inseparable part of the osteoporosis diet plan.

Various other health benefits of almonds include the reduction of the chance of heart attack, lowering cholesterol level, protecting artery walls from damage, providing healthy fats. It also aids in good brain function by nourishing the nervous system and reduces the chance of cancer, especially colon cancer. The benefits of almond milk for skin make it a popular ingredient in skin care products.

Bengal Gram Sprouts (Chola)

When it comes to sprouts health benefits, the pros are numerous. It is a great source of dietary fiber, thiamin, copper, iron, manganese and phosphorus and Vitamin D. It prevents osteoporosis, cancer, diabetes, anemia and arthritis and reduces the chances of heart disease and digestive problems. It does not contain any cholesterol. Sprouts are great for weight loss. Each cup of Bengal gram sprouts has 45 grams of carbohydrates that are about 65% of the total calorie content of the legume. Vitamin D helps the process of bone metabolism. The best Vitamin D food sources include oily fish, cod liver oil, mushrooms, tofu, dairy products and caviar.
Osteoporosis has major impacts on one’s social, emotional and personal life. Include the above-mentioned foods in your diet to fight osteoporosis and follow the natural ways to prevent osteoporosis and don’t forget to share your health tips with us.

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