

## **OSTEOPOROSIS**

**An estimated 28 million Americans are affected by this disabling disease. About a third of post menopausal women in the United States have Osteoporosis, and the U.S. has the highest rate of osteoporotic fractures in the world.**

**Nutritional supplementation, diet, herbs, natural hormonal therapy, exercise and Fosamax are used. Chronic pain is difficult to treat and may require analgetics sometimes including narcotic analgetics.**

Leaves of rutabaga contain more calcium than any other vegetable.

One half of the minerals in rutabaga is calcium. If you mix that juice with dandelion juice, you will get one of the most effective juices to strengthen your teeth and bone structures. Dandelion's high content of magnesium is cooperating with rutabaga's calcium and other elements in carrots to guarantee maximum strength and durability of your bones. The potassium rich content in rutabaga alkalizes the juice and is an effective antidote against metabolic hyperacidity, which again would lead to **Osteoporosis**. Besides that, rutabaga leaves contain organically bound sodium and iron. They are important to keep calcium in an active state.

**Lack of calcium is often caused by consuming dairy and dairy products as well as cereal- and sugar products. Like it or not, dairy and cereal are the cause of metabolic acidity in many people since these products are insufficiently metabolized in many humans.**

**All my osteoporosis patients rely on ONDAMED. Feel the BIOFEEDBACK of ONDAMED program 58!**