

# Osteoporosis

## What is Osteoporosis?

Osteoporosis is excessive thinning of the bones, causing them to become weak and brittle, increasing the risk of fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine.

## Signs and Symptoms

Back pain; loss of height over time; a hunched posture; and bone fractures.

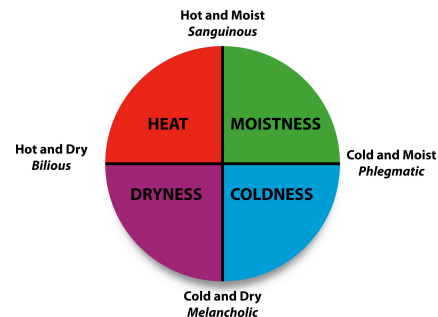
## What Causes Osteoporosis?

Bone is a living tissue which constantly needs to renew itself. New bone for the skeleton is synthesised constantly, and old bone is broken down. When young, the rate at which new bone gets made is faster than the rate of old bones breaking down. This results in greater bone mass and stronger bones.

However, with age, bone mass is lost faster than it is created, so the remaining bone becomes weaker, and prone to fracture. The likelihood of developing osteoporosis depends on how much bone mass was acquired during youth and the rate of creation of new bone versus loss of bone.

## The Tibb View on Osteoporosis

According to Tibb, osteoporosis is associated with qualities of **dryness with coldness**, as bones become brittle and porous. This makes them more susceptible to breaks and fractures. People with melancholic dominant or subdominant temperaments are at risk of developing osteoporosis. Those with melancholic/bilious temperamental combination are at an even greater risk, due to their innate dominance of **dryness**.



## Treatment and Management of Osteoporosis

Treatment and management is aimed at **reducing the excess dryness with cold** associated with osteoporosis, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. This assists Physis in addressing both the symptoms and the causes of osteoporosis.

## Tibb Lifestyle Factors

### Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, turmeric, sweet potato, and brown bread, **followed by Cold & Moist foods** - like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** - such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Eat whole-grain cereals and calcium containing foods on a regular basis. This will help to increase calcium absorption into the body, and so strengthen existing bones.
- Menopausal and post-menopausal women should include soy products in their diet.
- Avoid soft drinks, sugar, yeast and salty foods.

### ***Other Lifestyle Factors***

- Keep as active as possible. Partake in exercises such as walking, dancing, climbing up stairs etc. Also do weight bearing exercises as this will prevent bone mass loss.
- Quit smoking, and avoid second hand smoke.

### **Medication**

#### ***Herbal Remedies***

- Soak about 11 almonds overnight in some water. Peel and blend with a cup of warm milk. Drink daily.

### **Tibb Medication**

**Rumaflam tablets** - This product has pain-killing and anti-inflammatory properties. Rumaflam is associated with qualities of **heat**, which combats the coldness associated with joint, muscle and bone disease.

**Blackseed rub** - Contains blackseed and other heating oils that will provide relief for aching muscles.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament [http://www.tibb.co.za/concepts\\_tibb.html](http://www.tibb.co.za/concepts_tibb.html); diet charts: <http://www.tibb.co.za/food.html> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>