

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

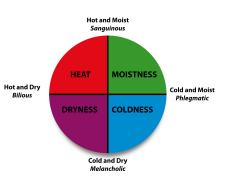
Back pain; loss of height over time; a hunched posture; and bone fractures.

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**.



Management of Osteoporosis

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 Advice

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

Herbal Remedy

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

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice					
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
all small bird	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran	
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas		1	vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						