

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

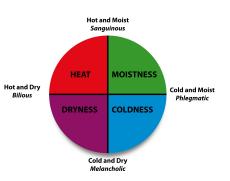
Back pain; loss of height over time; a hunched posture; and bone fractures.

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 | | | | | | |