

# 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

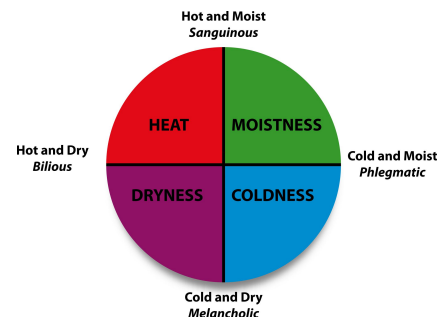
Back pain; loss of height over time; a hunched posture; and bone fractures.

## 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 bearing 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.



## 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 meat	bitter melon	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes		
	celery	grapes		hazelnuts			chickpeas	cinnamon		grape juice				mustard sauce	
	green pepper			pecan nuts			fenureek seeds	cloves, garlic		herbal teas				peri-peri sauce	
	leek			walnuts			gram flour	green/red chilli		(see herbs)					
	onion						mustard seeds	fenureek							
	red pepper						papad	lavender							
	yellow pepper							nutmeg							
										oregano					
										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				vermicelli		nutri-k
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)						
turkey	turnips			wheat	fresh cream		marjoram							
				macaroni			mint, sage							
				dill seeds			soya sauce							
					thyme, turmeric									
					watercress									
					white pepper									