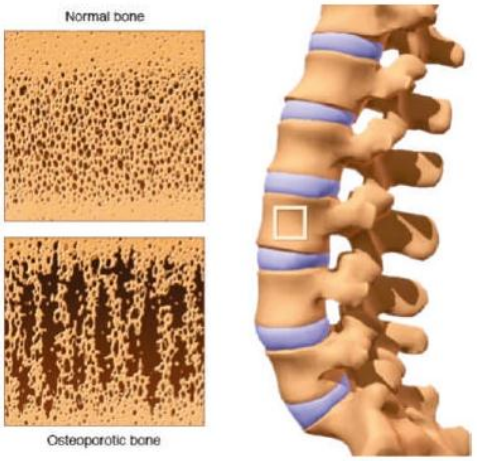
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Osteoporosis

Osteoporosis, which means porous bones, causes bones to become weak and brittle so brittle that even mild stresses like bending over, lifting a vacuum or coughing can cause a fracture. In most cases, bones weaken when you have low levels of calcium, phosphorous and other minerals in your bones. Osteoporosis can also accompany endocrine disorders or result from excessive use of drugs such as corticosteroids.

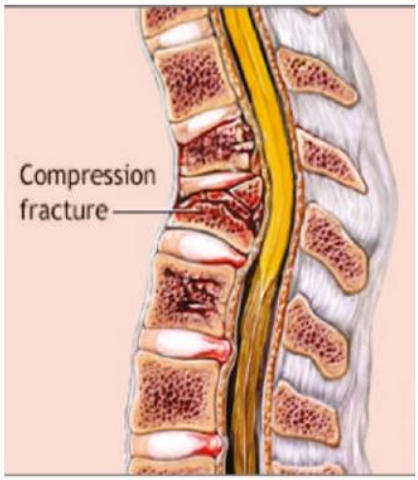


Osteoporosis makes the normal honeycomb matrix inside your bones (left) more porous. Under a microscope, osteoporotic bone (right) looks like a steel bridge with many girders missing.

Signs and Symptoms

In the early stages of bone loss, you usually have no pain or symptoms. But once bones have been weakened by osteoporosis, you may have symptoms that Include:

- Back pain
- Loss of height over time, with an accompanying stooped posture
- Fracture of the vertebrae, wrists, hips or other bones



This condition causes porous and brittle bones, which leads to a gradual weakening of bones. The result can be painful vertebral compression fractures. People older than 50, particularly women, are prone to osteoporosis

Causes:

Osteoporotic BoneThe strength of your bones depends on their mass and density. And bone density depends in part on the amount of calcium, phosphorus and other minerals bones contain. When your bones contain less mineral, their strength is decreased and they lose their internal supporting structure.

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At menopause, when estrogen levels drop, bone loss accelerates to about 1 percent to 3 percent a year. Around age 60, bone loss slows but doesn't stop. As women reach older ages they may have lost between 35 percent and 50 percent of their bone mass. Men may have lost 20 percent to 35 percent.

Your risk of developing osteoporosis depends on how much bone mass you attained between ages 25 and 35 (peak bone mass) and how rapidly you lose it later. The higher your peak bone mass, the more bone you have 'in the bank' and the less likely you'll be to develop osteoporosis as you lose bone during normal aging. Getting enough calcium and vitamin D in your diet, which is essential for absorbing calcium and exercising regularly can help ensure that your bones stay strong throughout your life.

Benefit of SGS Therapy:

- Provides a very Healthy bone density at any Age
- Provides good mineral profiling with nourishment for an ideal bone formation & structure
- Ensure Speedy and effective recovery from critical osteoporosis condition

Suggested Products:

Minerjal : Take 10 drops 4 times in 100 ml of Drinking water
OmegaSat : 1 Softgel 2 times after meal
SatvAmrut : 1 Capsule 2 times after meal
Satvika : 1 Tablet 2 times after meal









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