

Healthy Living

Boomers, Supplements And Osteoporosis

(NAPSA)—Many baby boomers—those born in the post-World War II baby boom usually defined as 1946-1962—may soon have a bone to pick with the aging process.

By reputation, boomers are often concerned with looking good and feeling good—and, for many, “good” means “younger.”

Experts suggest that, to be effective, an anti-aging program should begin with one’s framework, the incredibly complex network of supporting structures called the skeleton.

As we age, many of us are at risk of developing osteoporosis because we lose bone density and skeletal mass with each year that passes. Osteoporosis is a potentially devastating disease affecting one in three women and one in eight men worldwide by the time they reach age 50.

Osteoporosis does not strike overnight. In fact, it is known as the “silent” disease because it can develop unnoticed over decades until bones become so weak that they fracture or break very easily.

It’s estimated that by age 65 many people will have lost as much as 45 percent of their normal strength, making routine activities such as climbing stairs and carrying groceries difficult.

According to government statistics, each year, 1.5 million broken bones are caused by osteoporosis in the U.S. alone. Acute and long-term medical expenses associated with these fractures cost about \$14 billion annually.

The good news is that there may be ways—such as diet and exercise—to stave off the effects of osteoporosis, depending on a number of factors, including family history and the onset of menopause.

For example, taking a supplement, such as Natural Bio Care’s Young Bones™ twice a day is said



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to go a long way toward maintaining bone health and helping to deter the gradual bone loss that can lead to osteoporosis.

Young Bones is a natural herb supplement that studies show may help form new bone cells that build bone density. It reportedly works with the kidneys, spleen and pancreas which, in turn, can promote healing and relieve pain while fortifying bones. Studies show it may help improve circulation and combat osteoporosis and other bone diseases.

It’s said that taking this product, along with maintaining a healthy diet, adequate intake of calcium and vitamin D, and engaging in weight-bearing exercise, can strengthen the skeleton.

In a recent study, all subjects had excessive bone loss and were suffering from various conditions associated with aging. After 12 weeks of using the supplement, the subjects experienced a 57 percent reduction in overall pain, stiffness and mobility problems and a 67 percent reduction in lower back pain in particular.

To learn more, visit the Web site at www.youngbones.com.