Experts Now Warn Osteoporosis Affects About 54 Million Americans

Melissa Scott  May 03, 2019

Health authorities have long been warning against the threats to bone health, and releasing some guidelines on how to enhance the health of the bones.

A study was published in the Journal of Bone and Mineral Research.

In this research, it has been found that 10.2 million adults suffer from osteoporosis while another 43.4 million have low bone mass.

According to Robert F. Gagel, M.D., president of the National Osteoporosis Foundation, this represents the most comprehensive and up to date information available describing the total number of U.S. adults with osteoporosis and low bone mass.

"With 43 million adults at-risk for osteoporosis, it's more important than ever to apply preventive measures early in life to protect those with low bone mass from developing osteoporosis," he adds.

It is essential to resort to the helpful measures in fighting this condition. Scientists have long been looking into the dietary and lifestyle modifications that could potentially aid in enhancing and protecting bone health.

It is strongly recommended to consume more calcium, vitamin D, and magnesium. Some of the most recommended foods are dairy products like cheese, yogurt, milk, and calcium-fortified cottage cheese. It is similarly important to consume fish like canned salmon as well as green leafy vegetables like dried figs, collard greens, and kale.

Caring for bone health may be made possible through the aid of some nutrients like vitamin K2.

It has long been known that calcium is needed for bone health. However, it is worth realizing that such a nutrient also needs osteocalcin, which binds with calcium. It is further worth mentioning that osteocalcin is released by bone cells.

Scientists say that osteocalcin requires K2 to become fully activated and bind to calcium. It is important to note that this nutrient has been found helpful in maintaining and enhancing bone mineral density.

A study involving post-menopausal women has shown that participants with a higher level of Vitamin K2 achieved some improvements. More particularly, the nutrient aided in preventing bone fractures and enhancing bone strength.

It is worth mentioning that this natural remedy has been found to have anti-aging, anti-inflammatory, cardiovascular-health-enhancing, diabetes-fighting, bone-health protecting, neuroprotective, longevity-promoting, and fertility-boosting potentials.

In some studies, vitamin K2 has been found to produce a reduction in fractures among individuals with osteoporosis by up to 80 percent. Experts further warn that a deficiency in this nutrient could result in arterial defects and osteoporosis.

Some studies have also demonstrated that reduced vitamin K levels were associated with increased fractures, bone pain, and inflammation.

To experience its benefits, it is wise to consider the use of Divine Bounty Vitamin K2 (http://www.amazon.com/Vitamin-MK7-MK4-Supplement-D3-3/dp/B07LGVFRG1).
About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.

Divine Bounty

12001 Research Parkway
Suite 236 A
Orlando, FL 32826
United States
(407) 545 7738
media@divinebounty.com
http://www.DivineBounty.com
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