

**IF YOU ARE FEMALE**

**OVER 45**

**YOU MUST HAVE THIS TEST**

**A dual energy X-ray absorptiometry (DEXA) scan, also called a bone density scan, is a common technique used to measure bone density. This completely painless procedure is easily performed and exposes the patient to minimal radiation.**

# Osteoporosis A Perplexing & Debilitating Health Problem

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- Why is it hard to diagnose ?
- Why is it hard to heal ?
- Who is most greatly effected
- What are the medical solutions ?
- What can you do about it ?
- What are the current medical solutions ?

<https://us1.admin.mailchimp.com/campaigns/wizard/neapolitan?id=3320813#>

**Do you think it is genetics?**

**The environment ?**

**The foods that you eat?**

**We can help you find out**

**!**

**Here are 10 ways you can help prevent or reverse osteoporosis:**

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- Stop the Pop! ...
- Cut down on Protein. ...
- Keep Your Stomach Acidic ! ...
- Cut out Caffeine! ...
- Get the Right Kind of Calcium. ...
- Get Some Sun! ...
- Have Your Hormones Checked. ...
- Diet.

I have neglected writing but it is too pervasive to neglect writing about it.

It can cause profound fractures .

It is epidemic !

We would like you to find out more about this.

Especially Woman Over 45 are more susceptible.

Just call us. 770 - 992 - 4222