



# Summary of the Top Five Bone Diseases

By Clifford H Woods

Needless to say, bone tissues are an essential element of the skeletal system. Upon the entry into the world, a newborn has three hundred bones and as they develop this amount lessens to two hundred six. Human bones differ in overall form and dimensions. As individuals grow older, there exists a chance of developing particular bone issues if the appropriate nutrients such as calcium, collagen, and phosphorous are not provided to keep our bones in good condition.

Insufficiency in vitamins and minerals for the bone tissues will usually result in bone illnesses. You will find that there are people with bone ailments from defective genetics. However many people develop bone disorders as they become older or as a result of an unhealthy diet and life style.

Below are common bone conditions that a person may encounter sooner or later in their life.

**Osteoarthritis:** This condition may be characterized by bone joint deterioration and joint disease. Bone deterioration can result in the breakage of cartilage which is an integral part for connecting tissues. As a pair of two different bones rubs against one another because of cartilage malfunction, swelling might occur and this leads to the condition known as osteoarthritis.

**Paget Disease:** Paget disease is basically an abnormal re-modeling of the bones. Bone inflammation and disfigurement may happen if you have Paget disease. The distortion might intrude into the nerve fibers which can cause excruciating pain.

One of the most afflicted areas of this type of bone condition is the collarbone, spine, and skull. Additionally, it is believed that Paget disease is the result of genetics, meaning that it may have been passed on through the genes. If your family has a history of this type of condition, then you have a greater chance than most for developing it.

**Osteoporosis:** The progressive lack of minerals in bone tissue will result in osteoporosis. Although bone structures have the ability to fix themselves up on their own, minerals and vitamins are still required. For those who have bone nutrient shortages, concave areas could possibly be in development which will result in the weakness and fragility of your bone tissues. In such a circumstance this is likely to lead to osteoporosis.

**Bone Cancer:** This illness is with reference to the uncommon and unmanageable split in bone tissues and cells which leads to malicious cancerous growth. Bone cancer may begin as a condition in other regions of the human body, but immediately after distributing the viruses and bacteria this particular condition could cause the creation of the cancer cells. When cancer cells are produced as a result of nutrient and mineral deficiency, the bone tissues are destabilized and weakened which triggers a more severe condition such as bone cancer.

**Rickets:** As previously stated, nutrients such as phosphorous and calcium are essential elements of having a healthy skeletal system. Additionally, vitamin D is also necessary to make the bone fragments much stronger. Insufficiency of vitamin D may lead to the condition known as rickets.

Absence of this vitamin will soften the bone and for that reason your whole body may become more susceptible to numerous varieties of bone injury.

The five conditions listed above are simply the five most well-known bone illnesses which may be passed down or developed due to age, diet and lifestyle. Take into account that the majority of bone ailments are as a result of mineral and vitamin shortcomings along with defective metabolic processes and irregular cell division.

As a result, a good way to keep away from this type of illness is to remain healthy. To keep healthy, visit your doctor for a bone density test every so often and look into consuming a calcium supplement on a regular basis to keep your bones strong and sturdy.

#### Sources

"Bone Density Test"; Mayo Clinic

"Bone Diseases"; U.S. National Library of Medicine

"Reverse Osteoporosis Naturally"; Extreme Health Radio

"Osteoporosis Health Center"; WebMD

"Paget's Disease"; The Arthritis Society

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Clifford H Woods is the Executive Director of Vibrant Life. See more information at <http://www.oralchelation.com> . We Provide Great Products, Excellent and Useful Information with Exceptional Customer Care Service.