

# Osteoporosis

## Possible Causes and Contributing Factors:

- Diet high in refined carbohydrates or hydrogenated fats
- Excess use of tobacco or alcohol
- Obesity
- Genetic pre-disposition (slender, small boned females)
- Excess use of aluminum containing antacids
- Primary calcium, magnesium, vitamin K manganese insufficiency or insufficiency secondary to low stomach acid
- Endocrine dysfunction (thyroid, parathyroid)
- Lack of exercise