



# **Bone Pain and Hip Fractures: Osteoporosis Can Start Reversing at Any Age (Alternative Medicine)**

## **(Volume 1)**

*Kerri Ryan*

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Bone diseases are some of the most prevalent diseases that there are. However, because they typically don't manifest until later in life, they are often not discovered until they are well advanced. The body needs calcium for so many day to day functions, much more than just normal bone and tooth development. Long term metabolic diseases will always heal better when given a diet adequate in the things our bodies need, to heal themselves.

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