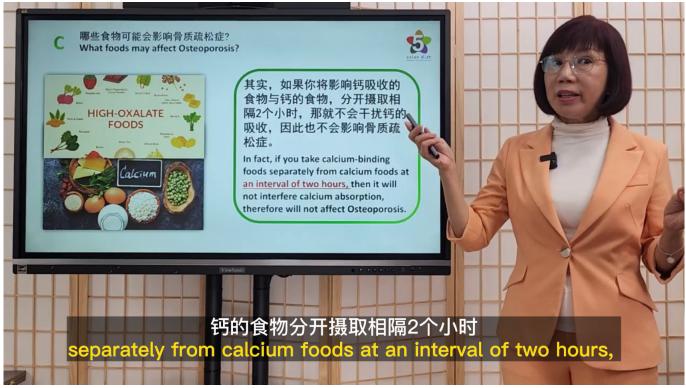


[♥CareWellnessTime] What Not To Eat If You Have Osteoporosis? [CHI & ENG SUB]



Osteoporosis is a bone disease where there is a reduction in bone mineral density. Most people will reach their peak bone mass between the ages of 25 and 30. By the time we reach age 40, we slowly begin to lose bone mass. Will avoiding certain foods really help to prevent osteoporosis? Topic: What Not To Eat If You Have Osteoporosis? Learn more at this video link: https://youtu.be/NLOKw9_C7WM

Subscribe our youtube channel and learn more at: https://www.youtube.com/channel/UCEA8h8pHLGSIMOGkibRGH1Q