

ATLANTA, GA, September 26, 2013 /24-7PressRelease/ -- The [holistic doctors in Atlanta, Ga.](#), at Southern Environmental Medicine Center talk about the ways in which people can reduce their risk of getting osteoporosis. Contrary to popular belief, this potentially debilitating bone condition does not just affect the elderly. The specialists in [holistic medicine in Atlanta](#) note that of the 10 million people in this country that are affected by the disease, a significant number of them are under the age of 50. Experts believe that in just a few years, there will likely be 40 million people at risk of being diagnosed with osteoporosis, with the vast majority of those being women.

Live Healthy The [Atlanta integrative medicine clinic](#) says the key to prevention is living a healthy lifestyle, both physically and mentally. It should come as no surprise that a good diet and exercise plan are the top ways to stave off the effects of bone deterioration. In particular, consuming adequate amounts of Vitamin D and Calcium will help maintain the physical integrity of your bones. Also, exercising on a regular basis while incorporating strength-training and resistance-training movements will slow the progression of brittle bones. This is especially important for the known trouble areas like the legs, hips and back.

According to Dr. Susan Tanner, Principle Practitioner for the Atlanta integrative medicine provider, "Osteoporosis is not a condition that occurs overnight, which is why practicing good health habits early is essential for preventing the affliction later in life."

Southern Environmental is a leading Atlanta natural health clinic. To learn more about the services they offer, visit <http://www.susantannermd.com>.

About Southern Environmental Medicine Center: Dr. Susan Tanner and her experienced team provide the best environmental medicine in Atlanta. They use intricate diagnostic testing to find the source of the illness in their patients and provide a personalized plan to help them recover. Their treatments assist patients in healing for the long term and improving the overall quality of their life.

Learn more at <http://www.susantannermd.com>.