



## Why is Bone Health Extremely Important for Women

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### Abstract:

Women get married, they look after the family. They become mothers, pass on the Nutrition to the Kids and still looking after the kids. They reach the age of menopause and still looking after the family. Most of the times they do not have time to look after themselves. Hence, in the process the bones become weaker and death of women across the globe is due to Osteoporosis – one amongst the major causes Hence, will be highlighting through the talk – how women can take care of themselves and prevent bone loss, thus prevent fractures and lead a healthy life. We shall also highlight on the reasons and how these reasons can be prevented.

### Biography:

Vidushi Agrawal has completed DHMS, HMD and MSc DFSM from IGNOU, India. She is a registered homeopath, dietician & nutritionist by qualification. She is actively and dedicatedly practicing dietetics & nutrition only, since 2008. After years of practice of homeopathy, she realized there was a maintaining cause always which would slow down or create an obstacle in the healing process. Hence, through observation and clinical trials, she came up to a strong belief that the maintaining cause was none other than lifestyle & food. After that there was no looking back and today, she is practicing the concept of “alkaline diet” for her patients, which have given 100% results with those patients who follow it as per her instructions.



### Recent Publications:

1. Rapidly Progressive Skin Metastasis in EGFR Wild and ALK Fusion Negative Adenocarcinoma Lung: An Unusual Presentation. May 2017 DOI: 10.13140/RG.2.2.21362.91840

**Webinar on Novel COVID-19, Public Health & Healthcare | 12th October, 2020 | Dubai, UAE**

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