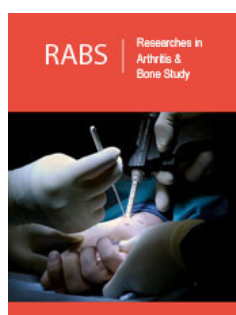


Bone Studies World-Wide

Maria Kuman*

Holistic Research Institute, USA



***Corresponding author:** Maria Kuman,
Holistic Research Institute, TN 37923,
Knoxville, Tennessee, USA

Submission: 📅 August 24, 2026
Published: 📅 September 09, 2026

Volume 2 - Issue 4

How to cite this article: Maria Kuman*. Bone Studies World-Wide. Res Arthritis Bone Study. 2(4). RABS.000541.2026.

Copyright@ Maria Kuman, This article is distributed under the terms of the Creative Commons Attribution 4.0 International License, which permits unrestricted use and redistribution provided that the original author and source are credited.

Opinion

Russian studies found [1] that how strong the bones are also depends on the amount of water in the body. Russian studies also found [1] that the embryos' bodies are 95% water—that is why they grow so fast. The bodies of born babies are 92% water, which is the reason why they continue to grow fast. Even teenagers grow fast because the water in their bodies is 85%. Between ages 20 and 30, the amount of water in the body is 70%. Between ages 40 and 50—the amount of water in the body drops down to 50%, which is the reason why wrinkles appear. As the body continues to age, the amount of water in the body continues to decrease. At age 70, the amount of water in the body drops down to 30% and after this age the bones become brittle. Why?

Russian studies found that the bones have vertical canals full with crystalized water, which makes the bones flexible [1]. After the age of 70, the amount of water in the body drops under 30%. This is when the vertical canals in the bones lose their crystalized water and the bones become brittle. I hope this explains why after the age 70, the bones become brittle.

How to counteract this? Szent-Gyorgyi (Hungarian-born scientist, who took Nobel Prize for the chemical formula of Vitamin C in 1937) found that exercising pulls water to the exercised muscles [2], and if so, exercising by keeping the water amount in the body higher, keeps you younger, and even keeps your bones stronger. For stronger bones, you must also eat a lot of raw almonds, which contain a lot of Ca. Why raw almond? Because raw almonds are alkaline, which makes the blood alkaline, and alkaline blood is thinner and circulates better. Never eat baked almonds because baked almonds are acidic—they make the blood acidic, and acidic blood is thicker, circulate poorly, and increases the level of existing pain.

References

1. Parfeunov (1963) Zakalivanie Cheloveka, Moscow, Russia.
2. Szent Gyorgyi (1947) Muscular Contraction.