

## **Osteoporosis**

Osteoporosis is a condition in which bones become weak and brittle. The body constantly absorbs and replaces bone tissue. But, with osteoporosis, new bone creation doesn't keep up with old bone removal. As a result, bones become weak and may break from a fall. Many people have no symptoms until they have a bone fracture. One of the culprits is an abnormal parathyroid, which increases calcium uptake from the blood to tissues, which robs the bones of calcium.

Treatment includes supplements, a healthy diet, and weight-bearing exercises to help prevent bone loss or strengthen already weak bones.

### Supplementation:

For three months take the following:

Standard Process Biost	3 tablets
Standard Process Cal-Ma Plus	6 tablets
Standard Process Super EFF	6 capsules

Then take 2 wafers per meal (6 a day) of Standard Process Calcifood instead of Cal-Ma Plus. Calcifood supports calcium absorption. It helps the body build strong, healthy bones and is a good source of calcium.

### Diet: Super Foods for Strong Bones

1. Dark leafy greens such as bok choy, Chinese cabbage, kale, collard greens, and turnip greens
2. Dairy products – milk, cheese, yogurt, cottage cheese
3. Broccoli – excellent source of calcium
4. Sweet Potatoes which have magnesium and potassium
5. Grapefruit – the Vitamin C can help prevent bone loss
6. Figs – contain calcium, potassium, and magnesium
7. Canned salmon and sardines - contain vitamin D, which helps your body use calcium, and omega-3 fatty acids, which may also aid bones.
8. Almond butter – contains calcium and almonds contain potassium

### Gentle Weight Bearing Exercises:

- Hiking
- Low impact aerobics
- Yard work, like pushing a lawnmower or heavy gardening
- Stair climbing
- Dancing
- Walking

If you have any questions on this information please call the office at 303-953-5200.