

MAINTAINING & REBUILDING HEALTHY BONE

Protecting Against Bone Loss

Consider These:

- Reduce or eliminate factors in your life which leach calcium from your bones.
- Identify and remove the obstacles blocking good bone health.
- Good digestive function is essential for mineral and protein absorption and utilization.
- Exercise is good for the bones! Are you moving?
- Are you getting enough of the important Nutrients?
- Supplement to support production of healthy bone matrix and remineralization.
- Use herbal allies to help protect against bone loss.

Drink Green tea to help support good bone health.

While osteopenia and osteoporosis are a growing problem, they are easily avoided and reversed with proper care of the body and attention to diet and lifestyle. **By consuming a healthy diet** rich



in colorful fruits and vegetables, lean proteins, healthy fats and complex carbohydrates, all the building blocks for building healthy bone are available. Identify and eliminate any underlying conditions which may hinder absorption or utilization of nutrients such as parathyroid disorders, nutrient deficiencies, hypochlorhydria, and malabsorption. A healthy body makes healthy bone.

What You Can Do...

Eliminate factors which contribute to the degradation of bone health. Eliminate white flour, and white sugar. Decrease intake of sweet foods. Eliminate soda intake which impairs calcification of the bones. Decrease caffeine intake; limit coffee consumption. Quit smoking and discontinue alcohol consumption. Take in animal fats in moderation. Supplement to correct underlying nutrient deficiencies.

Eat your dark leafy green vegetables. Rich sources of nutrients like vitamin K, boron, calcium, and other trace minerals. If eating enough vegetables is an issue, try vegetable juicing. Experiment with kale, collard greens, romaine, spinach, Swiss chard and other dark greens and bitters. Herbs can be another way of increasing mineral intake and improving digestion.

Eliminate simple carbs. Replace with complex carbohydrates. This may require learning new recipes. Experiment and have fun in the kitchen.

Sprinkle nutritious seasonings over food to boost nutritional content of food. Try raw sesame seeds (calcium), Dulse, Kelp and other seaweeds, Brewers yeast, turmeric, cinnamon, parsley, Bragg's Amino Acids, and rice bran.

Exercise to maintain a healthy body. Engage in weight bearing exercises, gardening, walking, yoga, tai chi, and strengthen the core muscles of the body to help keep the body erect. Maintaining good posture and flexibility are important. Hire a personal trainer to refine your workouts and help avoid injury. A variety of activities would be most beneficial.

Fresh Juices and Herbal Teas

Calcium Rich Cocktail

- 3 kale leaves
- Small handful of parsley
- 4-5 carrots
- 1/2 apple, seeded

Run the ingredients through your juicer. Feel free to modify the recipe as desired to make it more to your liking.⁽⁴⁾

Mineral Tonic

- A handful of parsley
- 2 turnip leaves
- 3 kale leaves
- 3-4 carrots

Juice in your juicer, modify as desired.⁽⁴⁾

High-Calcium Formula (Tea)

1 part of each: comfrey, oatstraw, horsetail, borage, chamomile; 2 parts of nettle leaf; 3 parts peppermint.

Mix together and adjust flavors to your liking. Use 4 to 6 tbsp per quart of water. Boil water first, then pour over herbs. Steep for 30 min. Strain. Drink 2-4 cups daily.⁽⁶⁾

To Help with Digestion: 10 to 25 drops of Dandelion root tincture taken before meals.⁽²⁾

For More Information:

- (1)Encyclopedia of Natural Medicine. By Michael Murray, ND.
- (2)New Menopausal Years. By Susun Weed
- (3)Women's Encyclopedia of Natural Medicine. By Tori Hudson, ND.
- (4)Juicing for Life. By Cherie Calborn
- (5)University of Maryland Medical Center. Osteoporosis.
- (6)Herbal Healing for Women. By Rosemary Gladstar.

Nutritional Support

Diet plays a key role in maintaining a healthy skeletal system. Diets high in refined foods are deficient in many other nutrients and frequently lack in fresh fruits and vegetables. In order to produce healthy bone the body needs a variety of nutrients, like protein, vitamins C, D, A, E and K, essential fatty acids, calcium, magnesium, zinc and a variety of other trace minerals.

Chronic low grade nutrient deficiencies affect the majority of the US population. 40% or more of the US population is deficient in Vitamin D, a key component needed for healthy bone development. The majority of whom would benefit from supplementation with high quality food based supplements.

To maintain good bone health, consider supplementing with:

- Calcium: 1000 to 1500 mg/day
- Vitamin D: 2000 to 5000 IU/day
- Vitamin C: 2-3 grams/day
- Beta carotene: 42,000 IU/day
- Magnesium: 600 mg/day 1:2 ratio with calcium.
- Zinc: 15 mg/day
- Other trace minerals: Copper, Boron, Manganese, Tin etc.
- Vitamin E: 400 to 800 IU/day
- Lecithin: 2-3 Tbsp/day
- Brewers Yeast: 2-3 Tbsp/day
- Essential Fatty acids: 2-3 g/day

Herbal Support

Herbs can be a useful and flavorful way of providing minerals and additional nourishment the body. Frequently used as capsules, tablets, tea and tinctures.

Herbs high in calcium, phosphorus and magnesium:

- Oatstraw (*Avena sativa*), Parsley (*Petroselinum crispum*), Alfalfa (*Medicago sativa*), Nettle leaf (*Urtica dioica*), Horsetail (*Equisetum arvense*), Dandelion greens (*Taraxacum officinale*). Most often used as teas.

Onion, garlic and parsley can be used to inhibit bone resorption rates.

Phytoestrogenic herbs are useful for menopausal women experiencing bone loss. Research each herb to see which might be appropriate for you.

- Red Clover (*Trifolium pratense*), Black Cohosh (*Cimicifuga racemosa*), Dong Quai (*Angelica sinensis*), Licorice (*Glycyrrhiza glabra*), Passion Flower (*Passiflora incarnate*), Sarsaparilla (*Smilax spp*), Vitex agnus castus

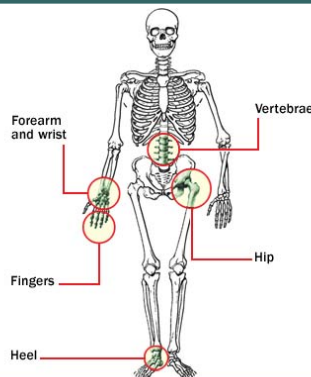
Herbs to support liver function and clearance of excess hormones.

Most often used as tinctures.

- Burdock root (*Arctium lappa*)
- Yellow dock root (*Rumex crispus*)
- Dandelion root and leaves (*Taraxacum officinale*)



Note: Prior to using any herb medicinally, take the time to learn about the plant. Investigate as to whether or not this herb is appropriate for you. If you use medications, are there any contradictions? If you are unsure, talk with your doctor and consult with a qualified practitioner trained in botanical medicine.



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Common Bone Fracture Locations

Each individual should be evaluated by their physician to determine the condition of the bone, bone density tests may be run. Discuss with your nutritionist or holistic health care professional about dietary measures, nutritional support and other methods in which you may reduce your risk of developing osteoporosis. A little prevention can go a long way to help you maintain a healthy skeletal system.

Please see your doctor if you suspect a bone fracture, or have experienced symptoms suggesting bone loss.