

## Supplementation for Osteoporosis & Optimal Health

### Daily MUSTS

- Multi-vitamin/mineral daily
- Essential Fatty Acids (EFA's)
- Greens Product
- Protein

### Recommended

- Calcium
- Magnesium
- Vitamin D

**Greens Products** – are concentrated formulas consisting of green vegetables, grasses, sprouted grains and herbs. They are rich in nutrients, vitamins and minerals that can help to alkalize the body and to re-establish pH.

**Calcium** – is an important mineral found mainly in the bones. Not only does it provide skeletal material, but it is used in nerve transmission, muscular contraction, blood clotting and more.

Deficiencies in calcium may result in muscle cramps, aching joints, brittle nails, eczema, rheumatoid arthritis, tooth decay and may increase cholesterol levels. A diet rich in calcium, along with daily supplementation is highly recommended. Different forms of calcium (carbonate, citrate, etc) have a different percentage of calcium available for absorption.

Check the elemental calcium content to see how much is available in that specific brand. Calcium citrate is more easily absorbed than calcium carbonate.

**Magnesium** – Magnesium is another important mineral that can help improve calcium absorption and may help maintain bone density in those individuals at risk for excessive bone loss. It is a mineral that can buffer excess production of acids while also serving as a muscle relaxant.

**Vitamin D** – helps to maintain the calcium levels in the blood. It is critical to the absorption of calcium from the gastrointestinal tract and in bone formation/or removal of calcium from the bone. It is commonly found in most calcium supplements.

### Q & A

**Q** What role do calcium and vitamin D play in osteoporosis prevention?

**A** Calcium and vitamin D help maintain the bone density that you have and may even cause an increase in bone density. Certainly, if you do not have enough calcium and vitamin D, then you are assured of bone loss.

**Q** How common are calcium and vitamin D deficiencies?

**A** Actually, it's quite prevalent. The average North American only gets about 700 mg of calcium in their diet. Most of us are consuming convenience and fast foods that fail to provide the necessary calcium, vitamins and minerals that we need to thrive.

All Nutrition House **DAILY MUSTS** products are part of...

THE **nutritional**   
**foundation program**  
A simplified system for good health

If you have any questions or require any further information please contact nutrition house at 1-905-707-7633, [www.nutritionhouse.com](http://www.nutritionhouse.com)

## natural health solutions

By Michele Sevier



## Is Your Body Robbing Your Bones?

**Osteoporosis is NOT an old person's disease!**

### Osteoporosis Solutions Program

*"A recent seven-year study conducted on 9,000 women at the Univ. of California, San Francisco showed that those who have chronic acidosis are at greater risk than those who have normal pH levels. The scientists who carried out this experiment believe that many of the hip fractures prevalent among middle-aged women are connected to high acidity caused by a diet rich in animal foods and low in vegetables. This is because the body borrows calcium from the bones in order to balance pH"* American Journal of Clinical Nutrition

***Osteoporosis is a condition that develops when bone is no longer replaced as quickly as it is removed. It affects the entire skeleton in which there is a gradual decrease in bone mass and density. It can begin as early as the teen years.***

### Primary Risk Factors Include:

- Female
- Early menopause
- Lack of exercise
- Low fruits/veg intake
- Thin, short
- Low calcium intake
- Smoke cigarettes
- Diet high in animal protein
- Drink 2+ alcoholic drinks per day
- 2 or more cups of coffee per day

  
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Learn how to take control of your health...naturally!

## Lifestyle – Exercise – Attitude – Nutrition

Bones are living tissue that constantly build new cells and discard old ones that are no longer useful. For proper development, bones require good nutrients and exercise. As with the rest of the body, meeting specific dietary guidelines will aid in optimal health of the body. It is important to realize what you put in your mouth will directly influence, in part, how strong your bones will be.

Calcium is an important mineral in the body. Although the majority of calcium is stored in the bone, there is a very small, but incredibly important amount of calcium circulating in the body. When there is insufficient calcium available for use, the body will tear down the bone to use it for body function. If your body continues to remove more calcium from the bone than what is replaced, the bones will eventually become less dense and weakened and more susceptible to fractures.



### ***“We are only as healthy as each individual cell”***

The basic unit of life is the cell. Cells create tissue and tissues create organs, which makes up the systems of our body. If our cells are healthy, then we are healthy. This starts with what we choose as our primary food sources.

### ***Calcium is being withdrawn from the bones faster than it is being deposited.***

The body metabolizes all the foods that we consume and leaves an ash residue. Food ash is acid, alkaline, or neutral in nature depending on the mineral composition of the foods. Alkaline ash results when the residue is high in calcium, magnesium, sodium and potassium. If the ash is predominately phosphorous, sulfur, and chlorine, the ash is considered acidic. Unfortunately the majority of foods in the “North American” diet and lifestyle produce an acid ash. The kidneys must eliminate this acid residue. The strong acid produced by large amounts of animal protein, pop, refined foods, coffee, alcohol and other poor food choices needs to be neutralized for the removal from the body. Consequently the body buffers these acids with alkaline minerals including, calcium, magnesium, sodium and potassium. Hence the breaking down of the bones, by utilizing the vast calcium and mineral reserve

## Lifestyle – Exercise – Attitude – Nutrition

### ***Goals for Decreasing Risk Factors***

**Lifestyle** – By making simple changes to your lifestyle, you may greatly reduce your risk for osteoporosis.

**Exercise** – We build bone mass until somewhere into our 20’s. The healthier our bones at this age, the less risk of osteoporosis later in life. As we continue to age, bone mass begins to decline. One sure thing that increases bone mass, even as we age, is weight bearing exercises. Lack of exercise is one of the primary causes of osteoporosis. Begin an anaerobic exercise program between 2 – 4 times per week. Take a firm stand against osteoporosis. Begin re-building your bone mass!

**Attitude** – A positive attitude is critical to the achievement of any personal health goal(s). Keep it positive. The mind matters. Positive thought patterns can provide relaxation. Relaxation in turn allows the body’s natural healing rhythms to maintain balance and good health.

**Nutrition** – Alkalize the body! Increase your vegetable and fruit intake.

Take your multi-vitamin, greens products and reduce refined foods, pop, coffee, excess alcohol and diets high in animal protein.

Animal proteins are very acid in nature while soy protein is very alkaline. Whey protein is slightly alkaline. Digestive enzyme supplements can be helpful in correcting an over-acid condition (it reduces LDL (bad) cholesterol).



### **Guidelines for alkalinizing the body and reducing excess acids include:**

- Relaxation Therapies
- Decrease Stress
- Deep Breathing Exercises
- Dry Skin Brushing
- Detoxification 2 - 4 Times Per Year
- Baking Soda Baths

