

Building Healthy Bones

More than Just Dairy

- When we think bone density people automatically think milk and dairy products.
- Calcium is the principle nutrient required for healthy bones. It is important that the body has a constant supply of calcium.
- Calcium is the primary mineral contained in the bone, but there are many other minerals, vitamins, dietary and lifestyle factors which affect the health of our bones.

VITAMIN D

- Vitamin D is essential for the absorption of calcium into the body.
- Exposure to sunlight will allow your body to absorb calcium.
- Spending time each day in the sun is the best source of this nutrient.



MAGNESIUM

- Magnesium is responsible for producing some of the hormones that are important for bone health.
- Magnesium can be found in greens, nuts, seeds, dry beans, and whole grains.



VITAMIN K

- Vitamin K is used to control the binding of calcium in bones controlling binding of calcium in bones.
- A regular diet of foods high in Vitamin K include broccoli, bok choy, almonds, fish, sesame seeds,, cauliflower etc.



TRACE MINERALS

- There are several other trace minerals that are essential co-factors that help with keeping your bones healthy.
- These include copper, zinc, maganese, boron and silica.

Contact me if you need more information on diet lifestyle or specific supplementation recommendations

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