

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, manganese, boron and silica.

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

