



Gorman Optimal Health Solutions, Inc.
333 North Oxford Valley Rd.
Suite 502
Fairless Hills, PA 19030
215-9-HEALTH (943-2584)
www.GormanOptimalHealth.com

Osteoporosis: Tips To Prevent Bone Loss

Did you know that osteoporosis— which causes progressive bone deterioration— strikes men as well as women? The National Osteoporosis Foundation estimates that osteoporosis-related fractures (particularly those of the hips, wrists, or spine) affects one in two women and one in four men older than 50. Preventing osteoporosis starts in childhood, many decades before bone loss becomes problematic. No matter what age you are, there are simple steps you can take to prevent future bone loss with the help of your doctor of chiropractic.

Exercise

Regular exercise that includes resistance or weight-bearing exercises such as walking, jogging, aerobics, tennis, tai chi, yoga and/or weight training helps keep bones strong. If possible, exercise outside, which will increase sunlight exposure and up the body's production of vitamin-D, an important nutrient for bone health. Caution is advised when starting a weight training program, however, so consult with your doctor of chiropractic before beginning.

Get Ample Bone-Fortifying Nutrients

Most adults don't get the daily 1,000 mg of calcium needed to support healthy bones. Children's needs are even greater. The National Institutes of Health recommends 800-1,200 mg/day for children under ten and 1,200-1,500 mg/day for 11- to 24-year-olds. Dairy, leafy green vegetables (such as broccoli, kale, or collard greens), tofu, salmon, and nuts and seeds (such as almonds and sesame seeds) are good sources of calcium.

A high-quality supplement can also help you reach that goal. Calcium citrate or malate is more absorbable than the common calcium carbonate—the form of calcium found in antacids. Take note: Antacids are ineffective calcium supplements because, in order to absorb calcium, the digestive system actually needs an acidic environment (which antacids neutralize, of course). Adequate amounts of vitamin D (400 IU/day), vitamin K (10 mg/day), and magnesium (600 mg/day), as well as copper, zinc, and manganese also support healthy bones. However, be sure to consult your chiropractor before adding supplements to your regiment.

Avoid Bone-Depleting Habits

Limit your intake of high-protein, fatty foods and carbonated, caffeinated, and alcoholic beverages, which can deplete calcium stores and hinder calcium uptake. Steer clear of aluminum cookware. Don't smoke.

Get Regular Check-Ups

Your doctor of chiropractic has the training and expertise to help you prevent the onset of osteoporosis.

Chiropractic Care Can Help...
Our goal is to adjust the spine and help stimulate your
body's natural healing process.

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