

## Strong Bones

Osteoporosis literally means porous bones and most commonly occurs in the hips, spine and ribs. This complex condition can be prevented, however, through nutrition and lifestyle changes.

A primary problem occurs in the stomach. Your absorption of calcium depends on how well your stomach produces digestive acids. About 40% of post-menopausal women (and a high percentage of men) are severely deficient in stomach acid. Because of this, I routinely check digestive function in my patients. If you're low on stomach acid, you may only be absorbing a small percentage of the calcium you consume. Here are some prevention strategies:

Physical exercise (as little as 1 hour three times a week) has been shown to prevent bone loss and in most cases, increase bone mass. A good program would include a 45 minute walk 3-5 times per week plus 3 days of resistance (weight room) workouts.

Vegetarian diets are associated with a lower risk of osteoporosis. Eat a diet high in fruits and vegetables and low in animal products. Eat lots of berries, citrus and colored fruits.

The phosphorous contained in carbonated beverages, over-the-counter antacids, sugar, too much protein, coffee, alcohol, and smoking all deplete calcium and magnesium and should be avoided.

It's better to get the nutrients you need through a varied diet of natural foods but you can supplement with calcium citrate, magnesium, vitamin C, B6, folic acid, B12, fat soluble chlorophyll tablets (high in vitamin K), trace minerals (especially boron, strontium) and proanthocyanidins. Many herbs can also help.

A comprehensive plan including all of these factors will give the greatest protection and keep you strong throughout your life.

Yours in health,

Dr. Rick

*Dr. Rick Schlüssel is a Chiropractor and Applied Kinesiologist providing preventive health care, treatment for pain and injuries, holistic health assessments and a variety of natural therapies. He can be reached at The Healing Place at 530-889-0388 or by email at [rick@mydrnick.com](mailto:rick@mydrnick.com)*