

Bone Health

Our bones are made up of living cells and minerals like calcium that give them strength to support the body. After the age of 30, men and women both face a steady decline in bone density. “Osteopenia” means diminished bone density while “osteoporosis” is bone loss to the point of fracture risk.

Self Care

- [How healthy is your diet?](#)
- [Exercise Options.pdf](#)

Causes of bone loss

- Inadequate intake of calcium and vitamin D
- Sustained weight loss
- Inactivity
- Excessive use of alcohol, tobacco, caffeine, salt and fat
- Menopause/andropause
- Endocrine disorders, long term steroid use, and some cancers

Evaluating bone density

Bone density or DEXA scans are a way of measuring the strength of your bones. Screenings generally begin at age 55 (or younger depending on your health and family history). Osteopenia is a T score less than -1.4 and osteoporosis is a T score less than -2.4.

Prevention

- Good general nutrition
- Have your vitamin D25 level checked
- Avoid tobacco and excessive consumption of alcohol
- Prevent falls with fall-prevention strategies

The Best Prevention of All: Exercise

Exercise is the cornerstone of good bone health. Strength training can help prevent significant declines in bone density. Physical activity provides mechanical stress to bone, which stimulates bone formation. Men and women with osteopenia or osteoporosis (and perimenopausal females) need exercise to maintain bone mass. Try to impact-load both the forearms and legs on most days. (“Impact loading” means exercises that support the body’s own weight.) Aerobic exercise alone is insufficient.

Note that an elliptical machine or Stairmaster is less impact-loading and should be used with other, more impact-loading workouts.

*The information provided is not meant as a replacement for a physician’s care.
Some or all of the above may help you feel more balanced and give you an overall increased sense of wellbeing.*

For improved results, consider working with a personal trainer or fitness coach.

Supplements

It's sometimes difficult to obtain the recommended daily amount of calcium and other bone-supporting nutrients from diet alone. Supplements help the body receive the necessary amount of calcium and other key nutrients to support proper bone health and maintenance. Magnesium, boron, vitamin D and other nutrients are needed for proper bone metabolism. Vitamin D, the "sunshine vitamin," is especially important since calcium needs this essential vitamin to be absorbed by the body.

The following supplements are especially helpful in proper bone health:

- [Calsorb](#)– Calcium citrate supplement specially designed for optimum bone health.
- [Vitamin D3 – 2,000 IU](#) daily with your calcium supplement for bone health and muscle strength. It's estimated that around 80% of Americans are vitamin D deficient. Vitamin D is instrumental in heart, bone, muscle, and immune health as well as cancer prevention
- [Strontium](#) – Strontium is a naturally occurring mineral which affects bone metabolism to promote bone formation and decrease bone re-absorption, leading to normalized bone density.
- Ultramultilogics for men and women – these are comprehensive multivitamin, mineral & herb supplements optimized for men and women.
 - [Ultra MultiLogics® for Women](#)
 - [Ultra MultiLogics® for Men](#)
- [Physio Whey Powder](#) – Rich source of whey protein. Natural vanilla flavor.