

## Protecting your Bones

### 1. Calcium

Most people are taught that dairy is the best source of calcium, and they wouldn't be wrong to continue thinking so. An 8-ounce glass of milk contains 314 mg of calcium; that's just about  $\frac{1}{3}$  of the recommended daily intake for women under the age of fifty. Anyone looking to avoid dairy can still find calcium rich cereals, orange juice, soy milk or even supplements from a doctor or physician.

### 2. Fruits and Veg

Vitamin K, magnesium and potassium are all rich in your favourite fruits and vegetables, and a good dosage should keep your diet healthy and your bones grateful.

### 3. Sunshine

Believe it or not, about fifteen minutes in the sun is a great source of vitamin D. Along with Cod liver Oil, Salmon and certain Yoghurts, a little bit of sun can make sure your vitamin D levels continue to help your bones stay strong, especially when it comes to skeletal remodelling.

### 4. Cut the Coffee

Research also shows that caffeine may interfere with the absorption of Vitamin D. Since Vitamin D is necessary for the body's absorption and use of calcium, this becomes the second 'bones caffeine' connection.

Caffeine in the diet is a negative for those with Osteopenia or Osteoporosis.

### 5. Cut the Alcohol

When you imbibe too much - 2 to 3 ounces of alcohol every day - the stomach does not absorb calcium adequately, Kaur explains. "Alcohol interferes with the pancreas and its absorption of calcium and vitamin D. Alcohol also affects the liver, which is important for activating vitamin D - which is also important for calcium absorption."

### So what's Osteoporosis?

- Quite literally, "porous bones" from the Greek for ostoun meaning 'bone' and poros meaning 'pore'. Osteoporosis is a disease of bones that can lead to an increased risk of fracture due to a lower bone mineral density (BMD).
- The type most commonly found in women after menopause is Primary Type 1, or postmenopausal osteoporosis. Primary Type 2 osteoporosis, otherwise known as senile osteoporosis is common after age 75, and affects females and males (at a ratio of 2:1).

