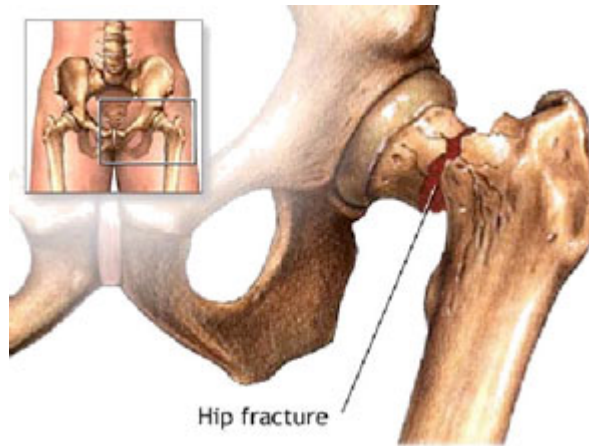


## ♥ Health Minute™

Powerful bone builders...

Osteoporosis is a disease in which bones become fragile and prone to breaks. If left untreated, osteoporosis can progress painlessly until a bone breaks. Any bone can be affected, but of special concern are fractures of the hip and spine. A hip fracture almost always requires hospitalization and major surgery. Calcium and Vitamin D have long been known for their importance in preventing osteoporosis but did you know that magnesium and fish oil are also crucial to bone health? Without magnesium, your bones can't metabolize calcium properly. Omega-3 fats (found in high-quality fish oil) also help to maintain bone density by increasing calcium absorption. By making sure you get enough vitamins, minerals, and omega-3s in your diet, you will make great strides in preventing this crippling disease.



Osteoporosis weakens bones and makes them prone to fracture or breaks.

<b>Who gets osteoporosis?</b>	<b>Preventing osteoporosis</b>
<ul style="list-style-type: none"><li>♥ Postmenopausal women</li><li>♥ Smokers</li><li>♥ People who take high doses of steroids for longer than 3 months at a time</li><li>♥ Thin-framed individuals</li><li>♥ Physically inactive individuals</li><li>♥ Women are four times as likely to develop osteoporosis but men get osteoporosis too</li><li>♥</li></ul>	<ul style="list-style-type: none"><li>♥ Calcium – 1200 mg daily</li><li>♥ Vitamin D – 800 – 1000 IU daily (milk, fish oil and eggs are good sources)</li><li>♥ Fish oil should be of high quality like Arctic Fresh (2-4 capsules daily)</li><li>♥ Magnesium – 600 mg daily (Halibut, almonds, cashews, and spinach are good sources)</li><li>♥ Weight bearing exercise (walking or lifting light weights)</li></ul>