

Health Minute™

Keeping your bones healthy

Osteoporosis is a disease in which bones become fragile and prone to 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. You need more than just Calcium supplements to prevent osteoporosis. Trace minerals such as Boron are just as important to help your body absorb and use the calcium you take. Omega 3 fatty acids found in cold water fish and high quality fish oil supplements also aid bone health. Eating a wide variety of foods, including fish and whole grains will help you get most of the nutrients you need for strong healthy bones for life.



Good for your bones	Good for your bones
<p>Boron (3mg per day) – decreases excretion of calcium and magnesium by the kidneys. Highest concentration in cabbage and dandelion greens.</p> <p>Calcium (1200mg per day) – most absorbable forms are thought to be hydroxyapatite and calcium citrate</p> <p>Vitamin B12 (100-1000mcg per day) – some studies show B12 slows down the cells that break down bone (osteoclasts)</p> <p>Magnesium (600mg per day) – essential for calcium absorption</p>	<p>Omega-3 fatty acids (no maximum dose) – reduce inflammation and enhance calcium absorption. Found in high-quality fish oil supplements such as Arctic Fresh.</p> <p>Horsetail root – an Italian study showed increases in bone density after a year of taking this supplement</p> <p>Vitamin D (400-600 IU per day) – essential for the body to absorb calcium. There are two types, D2 (ergocalciferol) and D3 (cholecalciferol). D3 was thought to be superior but recent studies show that both are equally good for bone health.</p>

