



Knowledge is  
your secret  
weapon to good  
health.

## BONE HEALTH

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### Osteoporosis

*Osteoporosis is a progressive bone disease that involves gradual decreases in bone mass and deterioration of bone quality (weak, brittle, fragile, porous bones) because bones are broken down faster than they are rebuilt. Osteopenia is a related disease that shows low or reduced bone mass and is an indicator of possible future osteoporosis. In young people, bone- rebuilding occurs faster than breakdown. This allows the bones to grow larger and stronger. Crucial bone-building years are between the ages of 12-25. Peak bone mass occurs in the early 30's. After that, bone begins to break down faster than it is rebuilt. The larger and denser the bones are at their peak mass; the less debilitating bone loss will be with age.*

#### Contributing Factors

Low calcium intake/absorption, poor digestion (low stomach acid, enzyme deficiency, food sensitivities), high phosphorus or fluoride intake, insufficient supporting nutrients (Vitamin D & K), liver or kidney dysfunction, poor diet (high in caffeine, alcohol, sugar, animal products, refined/processed foods), gender/age/body frame (more common in older, smaller females), certain medications (antacids, anti-depressants, synthetic hormones, diuretics, corticosteroids), sedentary lifestyle (lack of weight-bearing exercise), hormone dysfunction (low estrogen, blood sugar imbalance, high cortisol, thyroid imbalance), chronic inflammation, overactive immune system, toxic exposure (heavy metals, smoking)

#### Lifestyle Recommendations

- Eliminate sugar, excess caffeine/alcohol, salt, chocolate, yeast, carbonated drinks and be aware of food sensitivities (gluten/dairy). Minimize animal products and choose more plant protein sources.
- Although dairy is a good source of calcium, it also promotes inflammation and many people are sensitive/allergic. Good dairy-free sources of calcium are broccoli, dark leafy greens, sea vegetables, molasses, oats, salmon, figs, sesame seeds, shrimp, almonds, wheat germ, quinoa, chickpeas, bone broth.
- Exercise regularly. This helps deposit minerals in the bones- aim for a minimum of 90 minutes per week.
- Schedule a bone density test regularly, especially if you have a history of osteoporosis in the family.

#### Product Recommendations

- Improve digestion (to maximize absorption of minerals): Enzymes (with HCl if necessary), Fibre, Probiotics
- Bone-building nutrients (Formulas are available which encompass many of these): Calcium, Magnesium, Vitamin D, Vitamin K2, Boron, Manganese, Potassium, Zinc, B Vitamins, Vitamin C, Silica, Collagen, GLA
- Support immunity and inflammation: Omega 3 Fish Oils, Plant Sterols, Multivitamin, Quercetin, Curcumin
- Alkalize (over-acidity leads to leaching of minerals from bone): Greens Supplement, Mineral-based Alkalizing Supplement, Aloe Vera, Lemon Fruit Extract (or drink lemon water!)

**Book a free 15 minute consult with a GNN Product Advisor!**

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