

# Natural Osteoporosis Treatments

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It is never too late, or too early to treat or prevent osteoporosis. Building strong bones when you are young is the best defense against getting osteoporosis later on in life. To improve your bone health use the following natural treatments advice:

## Adequate amounts of calcium

The best way to treat and prevent osteoporosis is to get adequate amounts of calcium along with magnesium, trace minerals, vitamins D3 and vitamin K2 in your diet. Osteoporosis is not only due to insufficient daily calcium intake but rather because we do not get sufficient amounts of bone building nutrients in our diet.

We recommend getting as much calcium from foods in your diet as possible, and then make up the shortfall using a calcium supplement with the proper bone building ingredients included in the formula.

Ages	Milligrams per Day
9-18	1300
19-50	1000
51 and older	1200

## Vitamin D is a must

To help your body absorb calcium It is also important to get enough vitamin D. You can get vitamin D through sunlight and foods. You need 10-15 minutes of sunlight to the hands, arms, and face, two to three times a week to get enough vitamin D. Recent studies show you need much more vitamin D than was previously recommended.

## **Magnesium is important too**

Magnesium and calcium work together to keep calcium in your bones and out of your soft tissues. It is always best to get minerals from your diet by eating legumes, and vegetables (especially dark-green, leafy vegetables with chlorophyll).

## **Exercise**

Bone density has a lot to do with what you do – or do not do – in the gym. Regular strength training helps to deposit more minerals in the bones, especially those in the legs, hips and spine. The opposite is also true – lack of regular exercise will accelerate bone loss .

Weight-bearing exercise, which is any activity in which your body works against gravity is the best thing you can do. Because when you strengthen your muscles, your bones become stronger from the mechanical stress of exercise.

**Here are some examples:** walking, dancing, running, climbing stairs, gardening, doing yoga, tai chi, hiking, playing tennis, or lifting weights, it all helps!

## **An anti-inflammatory alkaline diet:**

It's important to have a high intake of green-leafy vegetables as they are the most bioavailable source of calcium (such as kale, chard, collard greens etc.)

The biggest mistake is not whether you are getting enough calcium but whether or not your calcium is being properly absorbed. By making sure your diet is alkaline, it will allow for increased bioavailability.

