

# Osteoporosis

## Symptoms

- No symptom at the onset of the disease.
- Fragile bones
- Loss of body height

Osteoporosis describes a loss of bone mass, especially of calcium, which solidifies the bone structure. When bones have sufficiently deteriorated, we speak of osteoporosis. Fragile bones are more prone to fractures. The loss of bone mass occurs gradually without any apparent symptom. On the long term, a drop of up to 10cm can be observed in someone's height when the vertebrae collapse on one another. The most common symptom of osteoporosis is fracture, which can result at this point from small shocks that normal bones would have easily supported. Natural health products help prevent osteoporosis or slow its progression.

## Recommended Products



### Calcium Magnesium Balanced Ratio plus Vitamin D 400 I.U.

Aiming to support both healthy bones and teeth, this balanced formula provides an ideal ratio between calcium and magnesium as well as a superior dosage of vitamin D. This ratio is ideal to support the use of calcium by the body.

[learn more >](#)



### Calcium Extra Strength 650 mg

Combined with vitamin D, this product provides a high dose of calcium to keep a healthy bone mass and prevent osteoporosis.

[learn more >](#)



### Calcium Magnesium with vitamin D et zinc

This product contains the basic essential minerals for the maintenance of bone health.

[learn more >](#)

Health recommendations page

2

Effective Health Solutions

AG  
Adrien Gagnon



# Osteoporosis Health Recommendations

## Diet

By choosing foods rich in minerals (calcium, magnesium, boron, etc.) and rich in vitamin D and K, the body is equipped to maintain an optimal bone mass. Here is a list of the most interesting foods to obtain those precious nutrients:

**Calcium :** Enriched soy products, canned salmon and tuna (with fish bones), dairy products (including goat ones), almonds, sesame seeds, Chinese cabbage, etc.

**Magnesium:** Dark chocolate, white or black beans, Lima beans, Brazil nuts, cashews, almonds, spinach, artichoke, pine seed, roasted soybeans, etc.

**Boron :** Leafy vegetables, avocados, prunes, grapes, legumes, nuts, fruits, etc.

**Vitamin D :** Salmon, tuna, oysters, herring, Atlantic halibut, trout, dairy and soy products enriched in vitamin D, etc.

**Vitamin K :** Borecole, Swiss chard, spinach, Brussels sprouts, broccoli, kiwi, asparagus, lettuces, cabbages, green beans, etc.

Other nutrients from the diet will also help maintain a healthy bone mass. For post menopause associated osteoporosis, phytoestrogens are indicated and should be part of the regular diet. Indeed, phytoestrogens from soy products and lignans from flax seeds acts as modulators of the hormonal system. They contribute to decreasing the symptoms of estrogen loss, including a loss of bone mass. Moreover, an alkalifying diet (favouring the acid-base equilibrium) will allow the body to neutralize the acidity surplus instead of having to rely on its natural calcium stores (mainly the bones).

## Physical exercise

Probably as important as calcium, physical activities involving a light to moderate impact or the lifting of a charge remains a very effective means to prevent bone loss. Walking, running, tennis, hiking, gardening and weight lifting are among the most interesting activities to increase bone mass. The younger a person becomes active, the least the risk of developing osteoporosis later in life. Since bone mass accumulates until age 30, the first decades of life are critical to ensure a proper bone mass during adulthood and preventing osteoporosis in elderly years.

## Hydration

Among the worst beverages for bone health are the sodas and coffee. Coffee acidifies the body while increasing calcium excretion through the kidneys. For sodas, above being rich in sugar, they contain a high level of phosphoric acid (especially colas). Taken in too large amounts, phosphoric acid creates an imbalance in the calcium to phosphorus equilibrium, which is very important for bone maintenance. Opt for unsweetened fruit juices and water instead.



Effective Health Solutions

AG  
Adrien Gagnon