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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Foods That Help You Prevent Osteoporosis

By Rudy Silva

The food you eat will determine the health you have. Having good eating habits is necessary for good health and for preventing osteoporosis.

Here is a list of good eating habits that will help you maintain or improve your bone density.

- * Eat less fat
- * Eat more fiber
- * Eat more calcium rich foods
- * Use less salt and sugar

Eat less fat to prevent osteoporosis

Studies have determined that when you have high cholesterol, you have fewer cells that build bones. The building of your bones is a continual process of bone breakdown and bone buildup. If you have more bone breakdown activity than bone build up, you will end up with low bone density.

High cholesterol comes from eating too much saturated fat. So here is where you can improve your bone regeneration by eliminating or reducing these saturated fat containing foods

Eat less meat and look for more lean meats. Turkey has less saturated fat than chicken or beef.

Eat less dairy products such as milk and cheese. These products are high in saturated fat.

Eat more oils that contain omega-3 (fish oil), omega-6 (olive oil) and omega-9 (found in avocados.) Do not cook with these oils since they breakdown at high temperatures creating high levels of free radicals. Cook with coconut oil. This oil does not breakdown at high temperatures. Coconut oil is high in saturated fat but it is a short chain fatty acid, which is good for your health. But, butter has saturated fat that contains a long chain fatty acid, which is bad for your health in excess.

Eat more fiber to prevent osteoporosis

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Again by lowering cholesterol, you can improve the density of your bones. Lower your cholesterol by eating more fiber. Most people do not eat enough fiber. The best fiber to eat is in bran, fruits and vegetables – oat bran, rice bran citrus fruits, apples, figs, beans, strawberries, etc.

Eat more calcium rich foods to prevent osteoporosis

Most people need to get at least 1000 mg of calcium every day. Some people need more. To get this amount of calcium, you should take a daily supplement and eat those foods that are rich in calcium – yogurt, fig, tofu, boiled collards, cottage cheese, boiled kale or spinach, broccoli, all dark green vegetables.

Eat less salt to prevent osteoporosis

Eat less salt since salt and calcium compete to get absorbed in the small intestine. If you eat too much salt, calcium will not get absorbed and will be flushed into the colon and out your body. When salt gets into your blood, it attracts water. This causes your kidney to flush this excess water out as urine. When you urinate more than normal, you will be flushing out calcium and minerals that your body needs.

There you have it, a few ideas to start using so you can prevent osteoporosis. Eat less saturated fat, eat more fiber, eat less salt, take a good calcium supplement, and eat more calcium rich food.

Rudy Silva is natural nutritionist. To get more tips and information on how to prevent osteoporosis go to:

<http://www.preventosteoporosis-now.com>

It's Never Too Late to Prevent Osteoporosis

By ARA Content

Calcium – a key element in the fight

(ARA) – Osteoporosis, a chronic disease that results in the deterioration of bone mineral density, affects nearly 28 million Americans -- 2 million of which are men. Despite these staggering numbers, this disease is often preventable.

Though osteoporosis has been thought of as a disease that affects mostly women, 5–6 million men are at risk of developing this disease each year and the risks increase with age. This year alone 80,000 men will suffer from hip fractures and one-third of these men will die within a year. It has also been estimated that direct and indirect costs associated with osteoporosis are \$12–14 billion annually.

The leading causes of osteoporosis in men are: Heavy use of alcohol Steroid usage Hypogonadism

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(loss of male hormone)

Additional causes of osteoporosis (in both men and women) include: Genetics/family history Lack of weight-bearing exercises Smoking Inadequate calcium intake throughout life

Your Prescription Medication is Not Enough

With such alarming numbers, the National Institutes of Health and the National Osteoporosis Foundation have recommended that treatment of osteoporosis with any drug therapy also requires sufficient calcium and vitamin D to achieve optimal benefits. Studies have shown that you can triple your medication's bone-building benefits if you get the recommended 1,200 milligrams of calcium and 400 IU of vitamin D daily. But, according to a recent survey, only 30 percent of women are taking calcium and vitamin D with their osteoporosis medication.

According to national studies, we are not getting enough calcium in our daily diet. While foods such as milk, broccoli, kale, beans and cheese are primary sources of calcium, large quantities of these foods would need to be eaten in order to get the right amount of calcium. A single serving of dairy provides only about 300 mg of calcium and up to 100 IU of vitamin D.

Because the average woman only gets about half the recommended daily requirement of calcium through her diet, patients who are on therapy for osteoporosis need a calcium and vitamin D supplement. "It's generally acknowledged that we don't get enough calcium through our diet, so it's a good idea for most adults, particularly those patients on osteoporosis therapy or at risk for osteoporosis, to take a calcium supplement such as Citracal + D," advises Dr. Miriam Nelson, associate professor of Nutrition and director of the Center for Physical Fitness at the School of Nutrition Science and Policy at Tufts University, and author of "Strong Women, Strong Bones."

Choosing a Supplement That's Right for You

Research has determined that different types of calcium supplement formulations (carbonate, phosphate and citrate) are absorbed in different ways by the body. The most widely available over-the-counter calcium supplements are formulated primarily from calcium carbonate, which is relatively insoluble.

Though calcium carbonate usually contains the highest concentration of calcium by weight, a study published in *The Journal of Clinical Pharmacology* shows that calcium carbonate is not readily available to the body. A study conducted by Howard J. Heller, M.D., assistant professor, Center for Mineral Metabolism and Clinical Research at the University of Texas Southwestern Medical Center at Dallas, indicates that the tablet formulation of calcium citrate in the form of Citracal was more bioavailable than calcium carbonate in the form of Os-Cal, even when given with a meal.

Dr. Nelson explains, "Calcium citrate does not require stomach acids for absorption as does calcium carbonate. This is an added benefit for older women who do not produce much stomach acid between meals. When combining the ease of absorption when taken with or without a meal and the vital Vitamin D component by which calcium turns into bone, calcium citrate supplements such as Citracal +

Foods That Help You Prevent Osteoporosis

D are a simple way to maintain the bone mass you've built."

Here are Some Tips to Prevent Osteoporosis: Eat calcium-rich foods, such as dairy, broccoli, kale, and beans Moderate your intake of alcohol Don't use steroids If you smoke, quit Take a daily ten-minute walk as a form of weight-bearing exercise

For more information on osteoporosis, please visit Mission Pharmacal's Web site at

www.citracal.com

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www.ARAcontent.com

; e-mail:

info@ARAcontent.com

EDITOR'S NOTE: Citracal is manufactured and marketed by Mission Pharmacal, a leader in innovative pharmaceutical products since 1946. Based in San Antonio, Texas, the company has been dedicated to identifying unmet health needs in the marketplace and then developing innovative prescription and over-the-counter products to meet those needs for more than 50 years. Currently, Mission Pharmacal provides physicians and consumers with pharmaceutical, nutritional, diagnostic and medical device products.

For more information please contact Ken Dominski, The Rowland Company, (212) 527-8896.

It's Never Too Late to Prevent Osteoporosis

You're At Risk For Osteoporosis! Thousands Of Women Die From Osteoporosis Yearly

Menopause and Osteoporosis

Build Health: Cut Through The Calcium Hype

WHAT IS OSTEOPOROSIS

Obesity and Weight Loss

Use and Abuse of Steroids

Baby's First Year –What Parent Needs To Know

Control your Headache!

101 Recipes For The Deep Fryer



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