



OSTEOPOROSIS

Compliments of Michelle Townsend, Naturopath, Nutritionalist, Iridologist, Wellness Consultant at Lake Spa

Osteoporosis is a condition where bones become porous, brittle and less dense as a result of a loss of bone mass. Between the ages of 45 and 75yrs, women lose approx 30% of their skeletal structure and males lose approx 15%.

INCREASED RISK FACTORS

- Being underweight
- Inactivity – a sedentary lifestyle and lack of weight bearing exercise
- Excessive caffeine intake
- Excessive soft drink intake – the phosphorus content of soft drinks leach calcium out of the bones
- Chronic stress, resulting in elevated cortisol which hastens bone loss
- Excessive exposure to aluminium (including the use of antacids to relieve reflux)
- Too much boron (surprisingly common in Australia) (on the opposite end of the spectrum, too little boron is associated with poor calcium uptake in the bones)
- Excessive sodium intake
- Excessive alcohol intake
- Smoking
- Underactive stomach acidity (associated with frequent burping after eating)
- There is some thought that premature grey hair can be a warning of an increased predisposition to developing osteoporosis
- Chronic unchecked inflammation – many of the hormones responsible for sustaining inflammation are also a trigger for osteoporosis as they inhibit collagen synthesis by osteoblasts and stimulate the resorption of bone.
- Some pharmaceutical medications do increase the risk, in particular long term use of the following: glucocorticoids, prednisone, pharmaceutical diuretics and laxatives

SIMPLE THINGS YOU CAN DO

- Bone loss starts to occur naturally in your 30's. If you are not in the habit of regular exercise that includes both aerobic and resistance work, then it is vital you start doing something now. It is never too late to start and exercise is the single most important factor for building strong bones.
- Reduce and/or resolve as many of the risk factors talked about above
- Take fish oil/flaxseed oil to reduce inflammation and improve general health
- Drink green tea on a daily basis – research has shown it will help prevent osteoporosis
- Include soy beans / tofu/ natto in your diet – these likewise have been shown to decrease the risk of developing osteoporosis

Be aware of where you are getting your calcium from in your diet. Milk is not the only answer, in fact tahini has 6 times the amount of calcium than milk, and tofu has twice as much which is absorbed 3 times more efficiently.

Next time you come to see me ask me for my calcium comparison sheet - you will be surprised where you find the best sources of calcium! Remember though that it is not just calcium, many other minerals and nutrients are required for strong & healthy bones, like boron, manganese, Vit D & K and magnesium – all required in the right ratios depending on your individual need. So it is not simply a matter of taking the highest dose of calcium you can find if you are diagnosed with osteoporosis, or there is a very high risk that you might start developing bone spurs.

If you have been diagnosed with osteoporosis or have a family history of it, then I welcome your visit as there are many things a Naturopathic treatment can offer to help you. Appointments can be made on 43931200.

Bye for now, Best wishes, Michelle

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