



8 LIFESTYLE TIPS FOR HEALTHY BONES



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Because we are at risk of developing osteoporosis after the menopause, I have devised a list of tips to keep the disease at bay.

1. Ensure you eat enough protein

Half your bones' structure is made of protein so it is important that you eat enough (lean meat, fish, eggs, nuts, seeds).

2. Exercise

Walking, yoga and weight-bearing exercises are a good place to start to support bone health.

3. Try to prevent falls

Many slips, trips and falls are avoidable, so make simple changes, such as opting for comfy shoes, avoid walking on slippery surfaces, have a light outside the front of your house so you can see your footing in the evenings, ensure there are no loose wires laying about and keep your stairs clear of clutter.

4. Get some sun exposure

Healthy bones need vitamin D, so try to get out in the sun for 20 minutes a day, without the use of sunscreen, but only for short periods of time. You DO NOT want your skin to burn from too much sun. If you live in a cold climate and do not spend much time outside, then a vitamin D3 supplement may be beneficial throughout the winter months. However, always get tested first to see what your base levels are, and then re-test yourself after 3 months.

5. Eat foods high in calcium

Calcium is important for building bones. Eat foods such as organic dairy products, green vegetables, such as broccoli, kale, okra and watercress, sardines and almonds. Raw cultured dairy such as kefir, yogurt and cheese also contain calcium, as well as magnesium, phosphorus and Vitamin K.

6. Eat omega-3 fatty acids

Chronic inflammation is often linked to osteoporosis, therefore eating certain fish may help reduce this, for example, salmon, mackerel, anchovies, sardines and herring.

7. Eat foods high in manganese

This is an important trace mineral that helps to balance out hormones naturally and is used in the formation of bone mass. Consume foods high in manganese such as, brown rice, oats, beans, legumes, hazel nuts and macadamia nuts.

8. Supplement your diet

I always promote food first over supplements, but if you struggle to get everything within your diet, you may find it beneficial to top up certain nutrients to support bone health. These include: calcium (calcium citrate is well absorbed), magnesium (needed for calcium metabolism), Vitamin K2 (required to form a protein essential for bone formation), and, as mentioned before, Vitamin D3 (helps with calcium absorption).

