

[IMAGE]

Road to Strong Bones Is Paved with Nutrition

Maintaining strong bones is vital to preventing osteoporosis and related fractures when we get older. While it is generally agreed that calcium and vitamin D are important nutrients for bone health, much less is known about some of the other key nutrients.

In a group of 1,402 men and women, bone mineral density (BMD) was measured twice over a two-year period. At the same time, dietary patterns were determined by gathering results from a 126-item food frequency questionnaire. Results showed that increased magnesium, potassium, and overall fruit and vegetable intake increased bone mineral density.

We all need to keep our bones strong and healthy, but for women, it's absolutely crucial. Women are especially susceptible to bone loss because they start out with less natural bone tissue than men and lose it faster with age (especially after menopause when estrogen, a hormone that protects your bones, is no longer produced in large quantities). Your doctor of chiropractic can help determine your bone mineral density, and advise you on establishing a sensible diet to maximize bone strength and overall health.

Reference:

Tucker KL, Hannan MT, Chen H, et al. Potassium, magnesium, and fruit and vegetable intakes are associated with greater bone mineral density in elderly men and women. *The American Journal of Clinical Nutrition*, April 1999: Vol. 69, No. 4, pp727-36.

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