

[IMAGE]

Women Bone Health

When it comes to aging, one major concern for women is their bone health. With age comes the risk of osteoporosis or "porous bone" also known as a disease of the skeletal system characterized by low bone mass and deterioration of bone tissue.

Skeletal issues such as osteoporosis put women in danger of bone fractures. One way to prevent osteoporosis is by getting enough calcium. Supplementing with calcium is important for women who have family members with issues of bone tissue loss and low bone mass.

Calcium is needed not only for healthy bones but also for healthy teeth and proper function of the heart, muscles and nerves in the body. Because the body cannot produce calcium, it must be consumed through food and supplements. There are many good sources of calcium that can help women avoid bone health issues later in life.

Studies have shown a good level of calcium in the body is needed to prevent osteoporosis and other bone related diseases.

Some of the best sources of calcium include nuts such as almonds and cashews. There is also a lot of calcium in dairy products such as yogurt, cheese and milk. Dark leafy vegetables such as broccoli and asparagus can also be consumed for more calcium in your every day diet.

Be sure to also eat enough protein and include additional calcium in your diet. Protein is by itself a critical component of bones, making up a quarter of their total mass and roughly half of their volume. If you are interested in taking supplements of calcium, talk to your chiropractor about which dose is best for your age range.

If you are a women who is concerned about your bone health and preventing bone tissue due to diseases such as osteoporosis, make sure to talk to your chiropractor about the best ways to include more calcium in your diet.

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