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LIA Lifestyle Instruction Aid

a19. Osteoporosis: Some inexpensive ways to help avoid Osteoporosis

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Avoid things that deplete calcium from your bones. Things like:

- caffeine,
- alcohol,
- excess sugar,
- smoking,
- soft drinks, and
- high protein diets.

All of these will cause a small leaching or small net loss of calcium out of bones. Small losses every day or every week add up to big losses over the years. Get regular exercise. This is very important. Physical force applied to bones makes bones retain calcium. Weight bearing exercises are the best. Eat non dairy calcium rich foods. Green leafy vegetables and Broccoli, sardines.

Take a Calcium/Magnesium supplement.

The more expensive ways to help yourself is to take medications to help re-calcify bones. The problem with this approach is that these newer medications tend to add only calcium to the bones. This makes them heavier, but brittle. The trace minerals and the supporting 'Ground matrix' of the bone is not improved.

What about adding phosphorus, sodium, magnesium, copper, chloride, potassium, zinc, iron, manganese, chromium, organic factors like collagen and ground matrix factors?

Better still take some of the higher quality calcium supplement products that have isoflavone known as ipriflavone which tends to build up the whole bone including the density of the bone, instead of just adding extra calcium.

However, people in crisis should rely on the medications in order to get their bones stronger faster. Those people not in crisis should learn to eat differently.

Calcium Foods

Collards	Mustard greens	Brussels sprouts
Orange juice (calcium-fortified)	Swiss chard	Navel orange
Figs (dried)	Broccoli	Raisins
Spinach	Kale	
	Butternut squash	

Top Phyto Foods

Garlic
Onions
Red and black grapes
Broccoli
Cauliflower
Kale
Green Tea
Pink grapefruit
Watermelon
Grape seeds
Apples
Romaine lettuce
Brussels sprouts
Dark-skinned plums
Red wine

And More Good Foods

Gluten-free breads
Gluten-free cereals
Squashes
Carrots
Cabbages
Asparagus
Radishes
Cucumbers
Beats
Lettuces
Other vegetables
Oranges
Pears
Berries
All the other fruits
Birds (chicken)
Fish