

## **Diet is key in prevention of osteoporosis**

**Question:** What are some helpful hints for treating and preventing osteoporosis?

**Answer:** Osteoporosis is a serious condition that afflicts approximately seven-percent of women aged 50 and older and 40-percent have reduced bone density.

There are several traditional risk factors for osteoporosis including; cigarette smoking, low body weight (<127 lbs.), estrogen and androgen deficiency, excessive alcohol intake, inadequate physical activity, medications such as steroids and hormone suppressant drugs, and chronic conditions such as diabetes, thyroid, liver or renal disease. Non-modifiable risk factors include; white race, advanced age, female sex, dementia, poor health/frailty, and personal or relative history of fracture as an adult.

The most overlooked factor for the treatment and prevention of osteoporosis is diet. In short, our diet in America today consists of grains, sugars, omega-6 fatty acids, trans fats, and obese meat and is substantially deficient in fruits and vegetables. The outcome of this pattern of eating is a population that is prone to osteoporosis and other chronic illnesses.

Research suggests omega-6 fatty acids lead to stimulation of bone degradation and the inhibition of bone building cells called osteoblasts. These are found in low-quality grains and seed oils. The healthy omega-3 fatty acids which our bodies crave, are found in green vegetables, fish and grass-fed animal products as well as wild game. Supplementation with omega-3 fatty acids is highly recommended for osteoporosis prevention.

Tissue acidity plays an important role in osteoporosis prevention also. The pro-inflammatory American diet is also rich in foods that lower body pH into the acidic range, which leads to the re-absorption of alkaline bone minerals as the body attempts to increase pH back to an acceptable level. The result of an acid system is bone loss and muscle loss as we age. Just like the negative impact of omega-6 fatty acids, an acidic environment leads to the stimulation of bone degradation and the inhibition of bone building.

The creation of optimum bone deposition can only be created by appropriate diet. Supplementation without dietary changes is not likely to exert an appreciable effect on bone health.

Consult your chiropractor for advice on diet and nutritional support that would assist your personal needs and history.

**Quote of the week:** *“Happiness is not the absence of conflict but the ability to cope with it.”* – Unknown author