

OSTEOPOROSIS

Osteoporosis is the thinning and weakening of the bones. This weakening predisposes people to broken bones, which often heal very slowly. There are many contributing factors that cause osteoporosis. If you have a family history of osteoporosis, you may be at greater risk, but simply because a family member has osteoporosis doesn't necessarily mean you'll develop weak bones as well. Family history is one risk factor, there are many other risk factors that are within your control to prevent osteoporosis.

ALL OF THE FOLLOWING INCREASE YOUR RISK OF DEVELOPING WEAK BONES:

1. **Unhealthy diet - a diet high in sugar, saturated and trans fats, salt and low-nutrient foods greatly reduces your bone strength**
2. **Lack of weight-bearing exercise**
3. **Low Calcium, Vitamin D and Magnesium intake**

4. **High daily caffeine intake**
5. **Smoking**
6. **Excessive mental/emotional stress**
7. **Certain medications (especially prescription steroids)**
8. **Alcohol over-use**
9. **Environmental toxic exposure**

It is through a healthy lifestyle that you can maintain and increase bone density and prevent osteoporosis altogether – even if you do have a family history! Healthy diet and daily weight-bearing exercise cannot be over-emphasized for healthy bones.

Remember that strong healthy bones are within your control! It's your lifestyle choices today that cause either the strength or the weakness of your bones tomorrow. Talk to your naturopathic doctor about a comprehensive approach to treating and preventing osteoporosis.

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