

# 12 Ways to Build Healthy Bones



## What you CAN do to have stronger bones!

You have 206 bones in your body that are living tissue and are constantly remodeling. The older bone gets cleaned up and new bone tissue is being made by your body all the time. It is a complex metabolic dance. Around our mid 30's there is a shift and we begin to break down more bone tissue that we build.

You need to have all the right nutrients and healthy lifestyle habits to make sure your body builds strong bones and not add to bone density loss.

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# about debi robinson



I am on a mission to help you realize that aging is a degenerative process and it is a use it or lose it proposition so you have to use it! To appreciate that this body you live in won't last forever, as you may have thought in your 20's and you need to take care of it. I will help you keep your muscles, joints and bones strong, mobile and limber to always be able to dance, play and travel.

I work with women to get to the root cause of bone density loss to stop it and reverse it so they can always live a very active life with stronger body, bones and balance...FOREVER!

I hope to meet you one day soon!

*Debi Robinson*





# Build Bone Strength With Vitamins & Minerals

## # 1 CALCIUM



Calcium is a mineral at the heart of bone strength and density. Your bones are a calcium reservoir, and if you do not get enough from your diet, your body will take it from your bones! Research shows that sufficient amounts of calcium in your diet can help reduce bone loss by 30-50%! With a well-balanced diet, you may be able to get most of the necessary calcium from food and you may be eating more calcium than you think.

## # 2 Vitamin D

Vitamin D plays an important role in bone strength by enhancing calcium absorption in the body while also working to support muscles that are needed to avoid falls. Vitamin D plays a pivotal role in maintaining bone density, and if you do not get enough Vitamin D, you will not fully benefit from a calcium-rich diet.

A great source of Vitamin D is the sun. When your skin is exposed to sunlight, your liver and kidneys are responsible for making vitamin D. So, whenever possible safely soak up some rays.



# Build Bone Strength With Vitamins & Minerals

## #3 Vitamin C

Vitamin C is a building block of collagen—one of the first elements in bone formation. Some research shows that women who take vitamin C supplements have stronger bones. You will find it in citrus fruits, tomatoes, strawberries, cantaloupe, peppers, broccoli, and potatoes.



## #4 MAGNESIUM

Magnesium is a crucial element that works with vitamin D to allow your bones to absorb calcium and increase bone mineral density. Deficiencies promote crystal formations and impacts the secretion of the parathyroid hormone which helps calcium get onto our bones. Magnesium is a component of many enzymes involved in protein synthesis, impacting tissue functions.



- Green, Leafy Vegetables
- Nuts/Seeds
- Unprocessed Grains
- Brown Rice
- Buckwheat
- Chocolate







# WHAT TO AVOID OR REDUCE



**Sodium can increase the amount of calcium you lose and can show up in your urine. Cut back by limiting processed and fast foods and by not adding salt at the table because there is plenty of it naturally in many foods we eat.**

## # 8 Avoid Salt

Dietary Guidelines for Americans recommend limiting sodium intake to less than 2,300 mg per day — that's equal to about 1 teaspoon of salt!

## # 9 Alcohol

**Human and animal studies clearly demonstrate that chronic, heavy alcohol consumption compromises bone health and increases the risk of osteoporosis. Heavy drinking = 8 or more drinks per week for females and 15 or more for men.**



# # 10 AVOID HIGH PROTEIN DIETS

Sufficient dietary protein is essential for optimal bone strength development and for preserving strength as we age.

Be careful with high protein diets because many of them have high animal protein consumption. Some studies show that animal protein — in fish, poultry, red meat, eggs, and dairy products — tends to leach calcium from the bones and increases urinary calcium. Plant protein — in beans, grains, and vegetables — does not appear to have this effect.

Some nutrients actually become more bioavailable when cooked or soaked so when eating a plant rich diet choose to cook or lightly steam your veggies and soak nuts and legumes.



“Don’t read “get more protein” as “eat more meat.” Beef, poultry, and pork (as well as milk, cheese, and eggs) can certainly provide high-quality protein, but so can many plant foods — including whole grains, beans and other legumes, nuts, and vegetables”

Harvard Health

## *HIGH PROTEIN FOODS*

*TOFU, ALMONDS, LENTILS, & PEAS*





# # 11 LIFESTYLE- MOVEMENT

## USE IT OR LOSE IT!

Being sedentary or immobilized in bed dramatically increases osteoporosis risk. A diagnosis of osteoporosis can make you feel fragile and this can cause you to slow down or stop moving!



## STRESS YOUR BONES OUT!

Research shows that two types of movement are particularly effective for bone strength: weight-bearing (walking, stair climbing, yoga ) and resistance exercises (lifting weights and yoga). Do something everyday to keep your bones stressed out so they make more bone tissue!

# # 12 STRESS MANAGEMENT



Chronic stress activates the fear center in the brain and sympathetic nervous system. This suppresses the secretion of hormones and increases inflammation, eventually leading to bone loss by inhibiting bone formation and stimulating bone resorption! Yikes we don't want this to happen!

# CHIA SEED PUDDING RECIPE

## BASE INGREDIENTS

- 1/2 cup unsweetened almond or coconut milk
- 2 Tbsp. chia seeds
- 1 Tbsp. natural sweetener (lacuma powder, honey or agave)

## OPTIONAL INGREDIENTS

- 1 tsp maca powder
- 1/2 - 1 Tbsp. cacao powder
- 1/2 tsp cinnamon
- 1 teaspoon matcha powder



## OPTIONAL TOPPING

- 1 Tbsp. almond butter (or 1/4 cup of almonds, walnuts or pumpkin seeds)
- 1/2 cup of strawberries, blueberries, raspberries, kiwi, bananas, blackberries, figs, grapefruit, orange, apricot, raisins, or prunes
- 1 Tbsp. dried unsweetened coconut flakes (antioxidants!)

## DIRECTIONS

1. Wisk together all of the base ingredients & optional added ingredients
2. Place into a sealed container & refrigerate for at least 1 hour and up to 5 days.
3. Add optional toppings and enjoy!







# take care of your bones everyday

Take your bone health into your own hands by managing all the stressors that lead to bone density loss and slow it down or stop it from happening! Osteoporosis is a lifestyle disease and you can adopt a bone healthy lifestyle to have strong capable bones and a body you can rely on to live a full active lifestyle.

Feed, move and relax your bones, body, and mind every day to support strong healthy bones.

Debi Robinson

