

## QUESTION OF THE WEEK

**Q:** Are there natural ways to prevent osteoporosis?

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Yes. The same healthy living that may protect you from heart disease, diabetes and depression is also good for your bones. Walking 35 minutes five times a week has been proven to increase bone mass.

Tai chi helps balance and thus prevents falls. Avoiding excess sodium, caffeine and vitamin A lowers calcium loss in the urine. Smoking also increases the risk of bone loss. Calcium intake has a positive correlation with bone mass, but be careful not to supplement too much. Calcium citrate is the best absorbed in the elderly, but if the diet is good, there is no need to take more than 250 to 300 milligrams per day.

Vitamin D3 is essential for the bones. Supplementing 1,000 to 2,000IU per day is the new recommendation. Magnesium in leafy vegetables and nuts should be included or supplemented at about 320 mg a day. Studies have also shown that vitamin K2 builds bones. Even a small serving of soy per day is beneficial.

If you take the above precautions, you may never develop a problem.

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