



## **OSTEOPOROSIS NUTRITIONAL GUIDE**

- 1. Bone is made up of living cells and bone tissues are constantly being broken up and broken down.**
- 2. Osteoblasts are bone cells that build up bone. These cells contain progesterone and not oestrogen receptors, so progesterone is the significant hormone at the level of bone build up.**
- 3. Calcium causes a reduction of bone breakdown.**
- 4. Special chemicals called cytokines are increased after menopause and cause rapid postmenopausal bone loss.**
- 5. Dairy foods are a major source of calcium.**
- 6. Soya beans are a good non-dairy option because they contain calcium but also flavinoids, which favour bone strength (tea is another source of flavinoids).**
- 7. Tea drinking may protect women against osteoporosis compared with coffee.**
- 8. Two cups of coffee per day does not reduce bone density.**
- 9. Prunes, 100g per day, has a positive effect on bone and post-menopausal women (rich source of flavinoids).**
- 10. Fish oils, Omega 3 3000mg per day.**
- 11. Correct deficiencies of the following – calcium, magnesium, zinc, copper, vitamin D, vitamin K.**
- 12. Vitamin C acts to do the following:**
  - Antioxidant protection.
  - Stimulates bone cell proteins.
  - Modulates inflammatory cytokines.
- 13. Avoid excessive intake of vitamin A over 500mg as this could increase risk.**
- 14. Isoflavones, strontium ranelate.**
- 15. Ipriflavone comes from soy isoflavone.**
- 16. Daidzen causes reduction on bone breakdown, increase in bone formation and enhances the effect of low dose oestrogen on bone.**
- 17. There are no herbal medicines useful for osteoporosis.**
- 18. Supplements to reduce osteoporosis must contain at least the following:**
  - Calcium.
  - Magnesium.
  - Vitamin D.
  - Preferably some vitamin K.