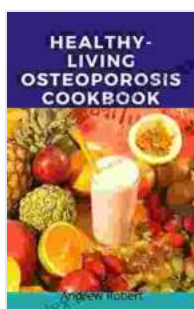


# The Best Natural Remedies To Prevent And Maintain Bone Loss And Delicious Soup

Osteoporosis is a condition that causes bones to become weak and brittle. It is a major public health problem, affecting an estimated 10 million Americans over the age of 50. Osteoporosis can lead to fractures, which can be painful, disabling, and even life-threatening.



## HEALTHY-LIVING OSTEOPOROSIS COOKBOOK: The best natural remedies to prevent and maintain Bone Loss and delicious soup Recipes by Janice Dean

★★★★★ 5 out of 5

Language : English

File size : 1121 KB

Screen Reader : Supported

Print length : 148 pages

Lending : Enabled



There are a number of natural remedies that can help to prevent and maintain bone loss. These remedies include:

- **Calcium:** Calcium is essential for bone health. It is found in dairy products, leafy green vegetables, and fortified foods.
- **Vitamin D:** Vitamin D helps the body absorb calcium. It is found in fatty fish, eggs, and fortified milk.
- **Exercise:** Exercise helps to build and maintain bone mass. Weight-bearing exercises, such as walking, running, and dancing, are

particularly beneficial.

- **Diet:** A healthy diet that includes plenty of fruits, vegetables, and whole grains can help to prevent bone loss.
- **Lifestyle:** Smoking, excessive alcohol consumption, and caffeine can all contribute to bone loss.

## **Natural Remedies for Bone Loss**

### **Calcium**

Calcium is the most important mineral for bone health. It is found in dairy products, leafy green vegetables, and fortified foods. The recommended daily intake of calcium for adults is 1,000 mg. However, people over the age of 50 should consume 1,200 mg of calcium per day.

There are a number of ways to increase your calcium intake. You can eat more dairy products, such as milk, yogurt, and cheese. You can also eat more leafy green vegetables, such as spinach, kale, and collard greens. You can also take calcium supplements.

### **Vitamin D**

Vitamin D helps the body absorb calcium. It is found in fatty fish, eggs, and fortified milk. The recommended daily intake of vitamin D for adults is 600 IU. However, people over the age of 50 should consume 800 IU of vitamin D per day.

There are a number of ways to increase your vitamin D intake. You can eat more fatty fish, such as salmon, tuna, and mackerel. You can also eat more eggs. You can also take vitamin D supplements.

## **Exercise**

Exercise helps to build and maintain bone mass. Weight-bearing exercises, such as walking, running, and dancing, are particularly beneficial.

The recommended amount of exercise for adults is at least 30 minutes of moderate-intensity exercise most days of the week. However, people over the age of 50 should aim for at least 60 minutes of moderate-intensity exercise most days of the week.

## **Diet**

A healthy diet that includes plenty of fruits, vegetables, and whole grains can help to prevent bone loss.

Fruits and vegetables are good sources of vitamins and minerals that are essential for bone health. Whole grains are a good source of fiber, which can help to reduce the risk of osteoporosis.

## **Lifestyle**

Smoking, excessive alcohol consumption, and caffeine can all contribute to bone loss.

Smoking damages the bones and makes them more susceptible to fracture. Excessive alcohol consumption can interfere with calcium absorption. Caffeine can also interfere with calcium absorption.

## **Delicious Soup for Bone Health**

Here is a recipe for a delicious soup that is packed with nutrients that are essential for bone health.

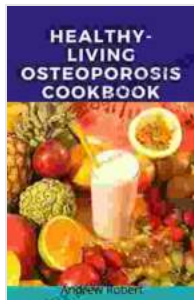
## **Ingredients:**

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 1 (15 ounce) can diced tomatoes
- 4 cups chicken broth
- 1 cup chopped kale
- 1/2 cup canned beans, such as black beans or pinto beans
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste

## **Instructions:**

1. Heat the olive oil in a large pot over medium heat.
2. Add the onion, carrots, celery, and garlic to the pot and cook until softened, about 5 minutes.
3. Add the diced tomatoes, chicken broth, kale, and beans to the pot. Bring to a boil, then reduce heat and simmer for 20 minutes.
4. Stir in the Parmesan cheese, salt, and pepper to taste.
5. Serve warm.

The natural remedies and delicious soup recipe provided in this article can help you to prevent and maintain bone loss. By following these tips, you can keep your bones healthy and strong for years to come.



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