



## 5 Components to Boost Bone Health

Jill Taylor, RDH, BS

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**M**any people think that brittle bones or osteoporosis is caused solely from a calcium deficiency and it can be remedied by taking a calcium supplement. That is just not the case. There are many other factors that will affect bone health. Our bones are actually composed of several different vitamins and minerals, and if you focus on calcium alone, you will likely weaken your bones. In addition to calcium, our bones need vitamin C, D, and K2. Trace minerals, such as magnesium, also need to be regulated to insure solid bone health. These vitamins work synergistically to promote strong, healthy bones. For example, Vitamin D and calcium go together like peanut butter and jelly. Magnesium and calcium also have a tight ratio. If you don't get enough of vitamin D, then your body's ability to absorb calcium is inhibited. Another important ratio is calcium to potassium combination, since it plays an important role in maintaining your bone mass as well as thyroid function.

It is indisputable that we need calcium, but the new research is that we should get it from non-dairy sources or drink milk raw. That's right! RAW milk is an alkaline food. Raw milk or cheese comes from pasture-raised cows, who eat plants and are not farm raised on grains. Once it goes through the pasteurization and homogenization processes, milk becomes an acidic food and that is where it leaches out the calcium from our bones! A few sources of plant-derived calcium would be the pith of citrus fruits, carob, and sesame seeds. Pasteurization and processing make the milk products toxic, so stay away from processed milk.

Where can we find the other critical bone boosting vitamins and minerals in our foods? Let's focus on the top five needed to boost bone health and list their natural sources: Magnesium, Vitamin D3, Vitamin K2, Vitamin C, and potassium.

**1** Food sources of Magnesium are kale, pumpkin seeds, chia seeds, avocados, figs, yogurt, and dark chocolate. Himalayan Crystal Salt, a source of Trace minerals, contains all 84 elements found in your body, or other natural, unprocessed salt (NOT regular table salt). Trace minerals are needed in small amounts for bone health, and those found in Himalayan salt include magnesium, boron, copper, manganese, zinc, sulfur, phosphorus, and potassium.

**2** Vitamin D3 can be gained ideally from appropriate sun exposure, as it's virtually impossible to get sufficient amounts from food. This is why most foods are vitamin D fortified. A good supplement should contain at least 400 IU Daily.

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**3** To achieve best ratio, make sure you are eating a good Vitamin K source. When you see dark green leafy vegetables, think great sources of Vitamin K1. Examples are collard greens, spinach, salad greens, kale, broccoli, brussel sprouts, and cabbage. Vitamin K2 sources are grass-fed, organic, animal products (i.e. eggs), certain fermented foods such as natto, fish, liver, and certain raw cheeses such as Brie and Gouda.

**4** According to the National Space Biomedical Research Institute, Vitamin C is required for the normal production of collagen and optimal functioning of the osteoblast cells, which are responsible for making new hard bone. Sources of Vitamin C include citrus fruits, broccoli, bell peppers, kiwi, brussel sprouts, and strawberries.

**5** Potassium is an electrolyte that helps maintain proper cell function, enzyme functions, and nerve transmissions. Great sources of potassium would be coconut water, bananas, avocados, spinach, mushrooms, apricots, and yogurt.

To achieve healthy bones, one must eat a diet rich in fresh, raw whole foods that maximizes natural minerals so that your body has the basic materials it needs to do what it was designed to do. In addition, healthy sun exposure along with regular, weight-bearing exercise will increase the bone density.

