Dr. Rashidi Nutritional Support Recommendations II

OSTEOPOROSIS

Diet: Should include plenty of fresh fruits and vegetables, yogurt, tofu, broccoli, spinach, kale, cabbage, and legumes. Avoid refined sugars, caffeine, alcohol and soft drinks, as these deplete calcium.

Water: Can provide calcium and other minerals, important for hydration of all tissues, and most importantly helps to keep blood pH balanced, thereby decreasing need to borrow calcium from the bones to neutralize acids formed from metabolism of sugars and excess protein foods in the diet. Consume at least 8 glasses(8 oz) daily, more if T > 90°F.

Exercise: 30-60 minutes daily, should include both weight-bearing, aerobic exercise such as walking, dancing, tennis or yoga, and a weight training routine with light weights. Strengthening the muscles also improves balance and reduces the risk of falls to prevent fractures, particularly important in those who already have osteopenia or osteoporosis.

Wellness Essentials for Women Pack: an excellent source of basic nutrition includes Multigenics multivitamin & minerals, EPA/DHA essential fats needed for all cellular maintenance, natural vitamin E and CalApatite with Magnesium.

CalApatite Plus: A special calcium formulation designed for superior absorption and optimal utilization of calcium, includes the **highly absorbable microcrystalline form of calcium hydroxyapatite**, Ipriflavone, a unique isoflavone from soy that helps support healthy bone metabolism and vitamin D, which further enhances absorption and assists bone formation. The usual dose is 2 twice daily to treat and prevent osteopenia and osteoporosis, a physician may recommend higher amounts in some cases.

Cal Matrix: provides a unique blend of MCHC, vitamin D, glucosamine sulfate, minerals, horsetail(silica) and vitamin C for collagen, bone matrix and joint maintenance.

UltraPotent C: Important for absorption of calcium and other minerals, and for building the cartilage base that creates strong bones. Use 500- 1000 mg twice daily.