

Dr. Rashidi Nutritional Support Recommendations I

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 Pack: an excellent source of general nutrition needs with over 200 nutrients; **Green Magic** Superfood, **Vitabalance** multivitamin & minerals, Meal in a Glass protein powder, **Essential fats**, **Megapro** antioxidants, **Nutricleanse** fiber, and Digestive enzymes.

Calcium Complex: A special calcium formulation designed for superior absorption and balanced with elements that ensure optimal utilization of calcium, includes the **highly absorbable microcrystalline form of calcium hydroxyapatite** with 2:1 ratio of calcium/phosphorus and calcium/magnesium, as well as zinc, manganese, silica, boron, chromium, and vitamins C and D which further enhance absorption and assist bone formation. Taken as capsules, or sprinkled in food or drink, the usual dose is 2 capsules taken 3 times a day, your physician may recommend higher amounts in some cases.

Progestica cream: Apply 1 pump twice daily to inner thigh area. Progesterone appears to support bone formation (reference Dr. John Lee) and helps prevent bone deterioration.

Phytosoy: a concentrated liquid extract of soy, use 3 servings daily as a tea or add to any beverage; provides soy isoflavones shown to help prevent bone loss. (ref. Ob Gyn 1996 May;87 p897-904.)