

VitalNews

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Ten million Americans have Osteoporosis and the Surgeon General reports another 34 million are at risk.

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Current projections suggest that by 2020, 1 in 2 Americans over 50 will be affected by this debilitating condition. Osteoporosis develops when bones break down faster than they are rebuilt resulting in more fragile, brittle bones. Although the long-term effects of osteoporosis may be most obvious in the elderly, the disease has roots that often begin in childhood. The good news is that osteoporosis is not inevitable; we can and should make an effort to improve our bone health. Eating right and exercising are two great steps to begin with. Where have I heard this before?

To understand why lifestyle choices are important and what else you can do, let's start with a look at the basic physiology of bone formation. Cells called *osteoblasts* continually build new bone from proteins like collagen and minerals like calcium. Other cells called *osteoclasts* continually break down old bone to leave cavities where stronger, new bone can be deposited. This process of remodeling generally continues in balance until about age 30 when bone density reaches its peak. Osteoporosis is a condition of weakened bone caused by an imbalance in bone building and bone repair that can occur at almost any age. Several factors can increase your odds of developing osteoporosis including: female gender or age greater than 65, an estrogen deficiency, physical inactivity, low calcium intake, smoking, a small frame or very low body weight, or a family history of osteoporosis. The drop in estrogen that comes with menopause causes women to lose bone faster than men and puts them at a greater risk. After 65, though, men and women lose bone mass at about the same rate. In addition, thyroid problems, long-term use of corticosteroid medication, and some other drugs, like aluminum containing antacids, are also associated with higher risk.

Healthful habits can maximize peak bone mass and prevent or slow the progression of subsequent bone loss. Number one on the list and an easy step towards keeping bones strong is of course getting plenty of calcium. Calcium needs vary by age: Both boys and girls in the peak of bone-building years of adolescence need 1200 to 1500 mg a day. After age 25, the requirement is for 1000 mg daily and after 65, or for women after menopause, the daily intake should be 1200-1500 mg. High calcium foods include calcium-fortified orange juice and soy milk, almonds, leafy green vegetables and broccoli, and dairy products including milk, cheese and yogurt. Calcium supplements are an important addition to a balanced diet since most of us don't meet these needs through food sources alone. Studies have also demonstrated benefits that result when calcium is ingested through a *combination* of dietary sources and nutritional supplements.

Vitamin D helps the body absorb calcium and is another essential component for healthy bones. Unfortunately, only a few foods such as egg yolks, fatty fish, fortified dairy and soy milk, contain this fat-soluble vitamin so supplementation is necessary. From birth to age 50, the recommended daily intake of Vitamin D is 400 IU, but recent studies are suggesting that more may be better. The current recommendation for those over 70 is 600-800 IU daily. Other nutrients that are important for maintaining strong bones include magnesium, vitamins B6 and B12, folic acid, vitamin K, and Boron.

With regard to exercise, weight-bearing activity like walking done regularly, helps maintain bone mass. More rigorous exercise, like walking with hand weights, and weight training are even better since bones will respond to it by building more bone. Resistance training also strengthens muscle groups and when combined with stretching improves balance, coordination, and flexibility reducing your risk of falling. This is important since osteoporosis is a disease characterized by increased susceptibility to fractures.

Finally, and most emphatically, don't smoke. Smoking exerts a toxic effect on osteoblast function, leads to earlier menopause, and results in reduced levels of estrogen. Therefore, smokers usually have low bone mass. At the risk of overstating the obvious, smoking is poison. One way or another it will rob you; it's just a matter of time. If you smoke, please quit – the life you save may be your own.



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CALRemedy?

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Did You Know

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Why Take CALRemeDy?

Osteoporosis literally means porous bones. It refers to a condition of accelerated bone loss that is complex, involving hormonal, lifestyle, nutritional, and environmental factors. A comprehensive plan that addresses these issues can protect against osteoporosis. *CALRemeDy* was formulated to assist in the nutritional aspects of prevention; allowing you to take in the additional calcium and vitamin D in the amounts you need to maintain strong and healthy bones. There are several different forms of calcium – the two most common being carbonate and citrate. Calcium carbonate must be taken with food and is dependent on adequate levels of stomach acid for proper absorption. Seniors who tend to have insufficient stomach acid and those taking medications that block stomach acid production absorb calcium carbonate supplements less efficiently than they absorb calcium citrate supplements. For this reason *CALRemeDy* utilizes only calcium citrate. Because it does not depend on stomach acid for solubility and absorption, calcium citrate need not be taken with food. Another beneficial feature of *CALRemeDy* is that it is in capsule form which further enhances its bioavailability; and it is a veggie cap which does not contain gelatin and is therefore suitable for vegetarians. Each capsule contains 125 mg of elemental calcium citrate which optimizes what

your body absorbs since absorption of calcium decreases with increasing dosage. *CALRemeDy* allows for multiple small dosages of calcium to be taken anytime during the day to meet your individual requirements. For example: If you are taking VitalRemedyMD's *DailyMultiple* which contains 1000 mg of calcium in divided doses, and you are a woman over 50, your healthcare provider may suggest you take two additional capsules of *CALRemeDy* to meet your requirement of 1200 mg daily. If you prefer to take the *Daily2Tab* which provides your vitamins and minerals in just two tablets daily, you will only get 500 mg of calcium and then can supplement with *CALRemeDy* as directed to meet your individual needs. Also critically important is the addition of vitamin D which stimulates calcium absorption. It has been recognized for some time that low levels of vitamin D have been linked to osteoporosis and other bone diseases, but more recent studies have linked low levels of vitamin D to multiple sclerosis, musculoskeletal pain, and even some types of cancer. Vitamin D isn't found naturally in many foods, in fact, most of our vitamin D is produced in our bodies by the action of sunlight on 7-dehydrocholesterol in the skin. As people age, however, they often lose the ability to make

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medical news and events

Calcium May Protect Women From Cancer A University of Minnesota Cancer Center study of 45,354 women found that women consuming more than 800 milligrams of calcium daily reduced their risk of colorectal cancer by as much as 26 to 46 percent. It was especially notable that the risk reduction was present regardless of the source of calcium and that simultaneously consuming high levels of calcium from both diet and supplements further reduced the risk. The results of this study are consistent with other studies that show calcium reduces the risk of colorectal cancer in both women and men. A note of caution for men, however, is that dairy *foods*, the primary

source of calcium in the U.S. diet, have been linked in some studies to increased risk of prostate cancer. January 2005.

Calcium and Vitamin D Supplements Increase Bone Density A recent study that followed men and women age 65 and older for three years revealed that those who took vitamin D and calcium supplements had significant increases in bone density and decreases in fractures. But when subjects stopped taking calcium and vitamin D supplements, the majority of these bone benefits were lost in as little as two years.

vitamin D in their skin from sunlight. Low levels of vitamin D are common, especially in older people and those living in the northern latitudes. The recommended daily intake of vitamin D is 400 IU for both men and women, and 600-800 IU for those over 70. Many experts believe these guidelines have been set too low. Each *CALRemedy* capsule contains 50 IU of Vitamin D; this can be safely added to the *DailyMultiple* or *Daily2Tab* which contain 400 IU. Other nutrients that are important for prevention of osteoporosis and are present in the *DailyMultiple* at 100% of the Daily Recommended Value include magnesium, vitamin B6, folic acid, vitamin B12, vitamin K, and Boron.

PRODUCT BENEFITS

- Calcium citrate which is readily absorbed without food and can be taken anytime of day
- Limited quantities of calcium per capsule increases absorption, maintains small capsule size, and gives you the flexibility to personalize your calcium intake
- Vitamin D which is essential for calcium absorption
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Supplemental Vitamin D Improves Muscle Strength and Reduces Fractures

A group of 122 elderly women were observed for six weeks prior to receiving either 1,200 mg of calcium daily or 1,200 mg of calcium and 800 IU of vitamin D daily for twelve weeks. Muscle strength increased only in the group receiving both calcium and vitamin D. Vitamin D stimulates absorption of calcium and is critical in maintaining bone mass and strength.

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intelligent indulgences

Turkish Basmati Rice Pilaf with Chicken

I have recently come across a number of recipes that utilize a great short-cut idea: rotisserie chicken from your local supermarket! This Turkish version of basmati rice pilaf with chicken, spinach and walnuts is one of my favorites, incorporating a variety of healthful ingredients, and despite its complex taste it's a snap to make.



INGREDIENTS

- | | |
|---|--|
| 1 1/2 tablespoons olive oil, divided | 1 (6-ounce) package fresh baby spinach |
| 1 cup chopped onion | 2 cups roasted chicken breasts sliced/pulled from one rotisserie chicken |
| 1 1/2 cups uncooked basmati rice | 1/2 cup coarsely chopped walnuts, toasted |
| 1 cup diced plum tomato | 1 tablespoon finely chopped fresh dill |
| 1/2 teaspoon salt | |
| 1 (14-ounce) can fat-free chicken broth | |
| 1 cinnamon stick | |

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add onion; sauté 10 minutes or until lightly browned. Stir in rice, and cook 1 minute, stirring constantly. Stir in 1 1/2 teaspoons oil, tomato, salt, broth and cinnamon stick; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Don't stir the rice as it simmers. Once liquid is absorbed, stir in spinach; cook 2 minutes or until spinach wilts. Stir in chicken. Sprinkle evenly with walnuts and dill. Discard cinnamon stick.

Did you know....?

Vitamin D can increase calcium absorption by as much as 65%

Sunscreen with an SPF of 8 reduces the skin's production of vitamin D by over 95%; this is simply the fact, not a suggestion to skip the sunscreen.

Calcium is best absorbed by the body when taken in small doses; absorption decreases with increasing doses and should not exceed 500 mg at one time.

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