

OSTEOPOROSIS IS NOT INEVITABLE – CHIROPRACTORS URGE PEOPLE TO TAKE CARE OF THEIR BONES NOW

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Most people have no reason to fear developing osteoporosis in later life, as long as they take action now and look after their bones properly.⁹

Some of the big risk factors for developing osteoporosis and spinal degeneration include yo-yo dieting, smoking and excessive alcohol, caffeine, red meat and soft drink consumption. These activities can actually leech calcium from healthy bones.

“A lack of exercise, poor dietary habits and other lifestyle choices can have an enormous effect on the health of your bones both now and as you grow older.

“Despite popular belief, osteoporosis is not only caused by oestrogen or calcium deficiencies. And it’s not just a sign of old age. In many cases, bone degeneration can actually be reversed through natural therapies and lifestyle changes

Dr Coxon said research has shown that increased weight-bearing exercise and a healthy diet can strengthen bones and reverse osteoporotic changes. “As bone is a living tissue, it undergoes constant transformation and regeneration,” he explained.

“Unfortunately, it’s estimated that up to one-quarter of all Australian women will be hospitalised by the age of 70 with bone fractures due to osteoporosis. Moreover, half of all victims of hip fracture caused by osteoporosis never go home again and one quarter die from complications within a year. It’s an extremely debilitating disease,¹” he said.

TIPS FOR HEALTHY BONES

Tip 1 – Ensure your diet is well balanced with a good supply of calcium rich foods such as raw nuts and seeds, dairy products, soy milk, shellfish and tuna, dark green vegetables, most fruits, figs, dates and prunes.

Tip 2 - Avoid what chiropractors call ‘the bone calcium thieves’.

Tip 3 - Take up regular weight bearing exercise such as walking, bike riding, step climbing and weight training three to four times a week and visit your local chiropractor for regular adjustments.

¹ “Strong Women Stay Young”, Miriam E Nelson, Phd, Lothian Aurum Press, 1997

THE TOP 10 BONE LOSS RISK FACTORS:

- Excessive dieting
- Anorexia (low intake of foods)
- Alcohol consumption - a history of more than two drinks a day
- Smoking – at any level
- Corticosteroid drugs
- Excessive soft drink and animal protein consumption (phosphorous)
- Excessive saturated fats (prevents calcium absorption)
- Excessive salt consumption
- Sedentary lifestyle
- Poor digestion (constipation/bloating)

If you score yes to any you need to consider a change.
Talk with your Chiropractor or other health professional

TAKE THE BALANCE TEST:

Close your eyes and hold your hands just above a firm support, such as a sturdy chair or counter top. Then keeping your eyes shut, slowly lift one foot off the ground and try to balance on the other leg.

Count the seconds you remain balanced. If you remained balanced for five seconds or less, this may indicate poor muscle and bone strength.

***HIGH CALCIUM FOODS:**

- Milk (250 ml) – 300 milligrams
- Calcium enriched soy milk (250 ml) – 300 milligrams
- Salmon with bones (100 g) – 300 milligrams
- Almonds (30 g) – 70 milligrams
- Spinach (half cup) – 100 milligrams
- Rhubarb (half cup – cooked) – 170 milligrams
- Firm tofu (100 g) – 160 milligrams
- Baked Beans (150 g) – 60 milligrams
- Soybeans (half cup) – 90 milligrams

**Ian Borushek's Pocket Calorie & Fat Counter*

RECIPES FOR HEALTHY BONES

'CHIRO-MITE'

1 jar of tahini
1 jar of black miso paste

'Chiro-mite' is rich in calcium and forms a great tasting breakfast spread. Simply combine both pastes in a 50-50 combination and mix well.

WHITE BEAN DIP WITH LEMON AND GARLIC

3 cups cooked white beans (navy or cannellini)
Zest of one lemon (scrape off zest before you squeeze the lemon)
Juice of one lemon
¼ teaspoon of salt (optional)
2-3 cloves of garlic, minced or pressed through garlic press
1 tablespoon olive oil (optional)
3 tablespoon chopped chives
Dash of cayenne or hot sauce

In a blender or food processor, process the beans, olive oil, lemon zest, garlic and cayenne until smooth. Transfer to a medium bowl and add chopped chives. May be eaten at room temperature or chilled - serves 6.

SWEET AND SOUR ALMONDS ON RICE

½ cup almonds, ½ cup maple syrup, ½ cup vinegar, ½ cup ketchup, ¼ cup soy sauce
1 tablespoon cornstarch
1 onion, chopped
1 green pepper, chopped
1 tomato, chopped
1 cup unsweetened pineapple, chopped
4 cups cooked brown rice

Bake almonds on foil at 300° for 20 minutes.

Prepare sauce by boiling syrup, vinegar, ketchup, and soy sauce for 2 minutes.

Dissolve cornstarch into ¼ cup cold water, and add it to the sauce. Then boil for an additional minute. Simmer onion and green pepper in ½ cup water for 10 minutes.

Drain off water, then add tomato and pineapple, followed by the baked almonds and sauce. Cook for 5 minutes and serve over generous portions of brown rice.

Serves six.

PUMPKIN PIE

Crust:

2/3 cup rolled oats
1/2 teaspoon salt
1/3 cup ground almonds (in blender or food processor)
2/3 cup whole wheat pastry flour
3 tablespoons maple syrup
1/2 teaspoon vanilla
2 1/2 tablespoons water

Mix dry ingredients in food processor. Mix wet ingredients in a bowl. Combine wet and dry ingredients and mix together well. Pat into oiled pie pan.

Filling:

2 cups pumpkin, pureed
1 1/2 cups soy milk
1/3 cup maple syrup
1 teaspoon cinnamon
1/2 teaspoon ginger
1/2 teaspoon salt
1/2 teaspoon allspice
1/8 teaspoon clove powder
3 tablespoons oat flour, toasted in dry pan

Preheat oven to 350°. Mix all ingredients together well or blend. In food processor. Put into pie crust and bake for 40 minutes.

Osteoporosis Quiz

1. The best exercise program for preventing osteoporosis is
 - A. **Swimming and gentle stretching?**
 - B. **Regular walking and working-out with weights?**
 - C. **A heavy exercise program of running three hours each day?**
 - D. **No exercise at all?**
2. People should start taking steps to prevent osteoporosis
 - A. **When they reach 50?**
 - B. **When they are teenagers?**
3. Astronauts returning from space may lose bone mass and density due to the effect of being in a weightless environment?
 - A. **True**
 - B. **False**
4. Men rarely get osteoporosis?
 - A. **True**
 - B. **False**
5. Weight bearing exercise may increase bone mass even in older people?
 - A. **True**
 - B. **False**
6. Consuming large amounts of the following does NOT increase the risk of osteoporosis
 - A. **Tea and coffee?**
 - B. **Soft drinks?**
 - C. **Sardines?**
 - D. **Alcohol?**
7. Early menopause increases the risk of osteoporosis?
 - A. **True**
 - B. **False**
8. The most accurate test to measure bone density is
 - A. **A flexibility test?**
 - B. **An X-ray?**
 - C. **An ultra sound of the ankle?**
 - D. **A DEXA (dual energy x-ray absorptiometry) Test?**
9. Based on body type, which one of these people is at GREATER RISK of osteoporosis?
 - A. **Kate Moss?**
 - B. **Kate Cebrano?**
10. Stronger muscles often correlates with stronger bones?
 - A. **True**
 - B. **False**
11. Which of the following increase the risk of osteoporosis?
 - A. **Yo-Yo dieting?**

- B. Taking Corticosteroids, thyroid medications, Anticonvulsants or Anticoagulants?**
- C. Lack of exposure to sunlight?**
- D. All of the above?**

12. Which of the following may improve your spinal function and thereby increase your capacity for exercise

- A. Sleeping-in till noon every day?**
- B. Spending long periods driving or sitting at the computer?**
- C. Showing your children how you can still ride a skateboard (even though it's been more than 10 years since you last rode one)?**
- D. Visits to your Chiropractor?**

Answers

- 1. B**
- 2. B**
- 3. A**
- 4. B**
- 5. A**
- 6. C**
- 7. A**
- 8. D**
- 9. A**
- 10. A**
- 11. D**
- 12. D**

YOUR SCORE

- | | |
|----------------------------|-----------------------------|
| 12 correct | incredible knowledge |
| 8-12 correct | quite good |
| 4-8 correct | needs some work |
| Less than 4 correct | needs help |