

Growing Healthy Bones

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The same things that build healthy bones build good health and vitality. New set of bones every 7 years.
I recommend you use the empty space in these lecture notes to write down the thoughts that come to you during the lecture. Come back to these ideas that have come to you as a reference of healthy life changes to implement.

What we need to build and keep healthy bones

Substrate : food to build bones with
Ability to transport to bone
Avoid excessive bone breakdown

Diet

Lots of fruit and vegetables
Whole grains
Variety of proteins
Bigger question: how to eat well in your lifestyle?

Exercise

Weight bearing
Running, walking,
Resistance training
Yoga
Tai Chi
Bigger question: how to enjoy and schedule your exercise in your lifestyle?

Sleep

Adequate daily restoration is critical for good health

Light

Exposure to natural sunlight is necessary for Vit D.
Being outdoors can help with stress reduction as well

Positive Attitude: Stress management: topic of the day for most Americans.

We live in a culture that thrives on productivity, competition and resource accumulation. We must build into our lives prioritize time with friends and family and ourselves just to enjoy life while we have it. If our stress reducing activities do not balance with our stress producing activities we will suffer the consequences of loss of health and well being. (My editorial and professional opinion).

Supplements that can be helpful (may vary for individuals). Note: always buy supplements from trusted suppliers. Poor quality can cause more damage than help. I recommend you check your Vitamin D-3 level on a yearly basis.

calcium 1,000-2,000 mg	vit K 5-10 mg	silicon 50-100 mg	copper 2-3 mg
magnesium 300-500 mg	vit B6 25-50 mg	omega-3 oils 2,000-4000mg	
vit. D 2,000-4,000 mg	vit B12 50-100 mcg	ipriflavone 600mg	
boron 3-6 mg	folic acid 1-3 mg	natural hormone replacement ?	
strontium 500-2,000 mg	manganese 5-10 mg	zinc 15-30 mg	