

Tips on having stronger and healthier bones

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We all need strong, healthy bones. After all, they comprise the hard framework on which the entire body is built. Without them, we won't survive, as there will be nothing to support our muscles and nothing to protect our vital organs. We won't even have blood, as the components that make it are made in the bone marrow.



Like any other body parts, our bones are always at risk of contracting diseases and disorders, the most debilitating being osteoporosis (severe weakening of the bones) and osteoarthritis (wear-and-tear arthritis).

This is especially true as we age since our calcium levels generally decrease when we grow older. As such, it is imperative that we get our bone density checked regularly to make sure it does not fall below 1.0; otherwise, we are at risk of suffering bone-related maladies. Calcium is one of the 22 minerals that the body needs to be strong, healthy, and functioning optimally. Some 90 percent of the calcium we get is stored in our bones, and this calcium deposit is what makes our skeletal system dense and hard, not brittle and fragile. This means that the more calcium we have in our bones, the stronger and healthier they will be.

Unfortunately, our body's ability to absorb calcium wanes in our lifetime, which means we need to make sure we are getting enough of this mineral every day.

The good news is that calcium is abundant in a variety of food items such as milk, other dairy products, broccoli, bok choy, oranges and nuts, specifically almonds.

Here are some tips on how to maintain stronger and healthy bones:

- Regular exercise. Given how bones are just like our muscles, they, too, respond to physical stimulation. The best exercises are walking, jogging and dancing, and resistance training (weightlifting) and bodyweight workouts.
- Avoid bad-for-the-bones foods. Top of mind are salty treats since high-sodium levels can reduce the body's ability to absorb calcium. We should also minimize our intake of sugary foods and caffeinated beverages since both have ingredients that inhibit calcium absorption.
- Take calcium supplements. We should supplement our daily diet with calcium supplements — ideally with vitamin D already included as it helps the body better absorb calcium. This is what CaD3 offers: a potent combination of calcium and vitamin D that is sure

to keep the calcium levels in our bones high and healthy. CaD3 provides as much as 40-percent elemental calcium, most of which will be absorbed by the body due to the amount of vitamin D that CaD3 serves up.

This vitamin will also enable our body to absorb the calcium we are getting from the natural food sources previously mentioned.

Maintaining strong, healthy bones can be a lot of work, but it is certainly possible even as we grow older.

CaD3 is available online at www.mypharma.ph.