

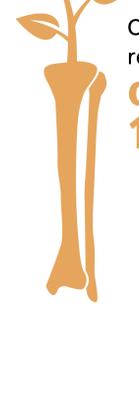


# BREAKING DOWN BONE HEALTH

## THE STATS

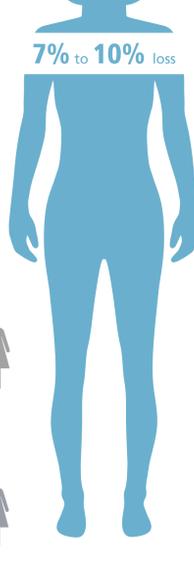
### DID YOU KNOW?

### BONE IS A LIVING TISSUE



On average, people replace their bone **once every 10 years.**

Within the first **three to five** years of perimenopause, a woman loses on average **7% to 10%** of her bone density.



Between **20%** and **50%** of postmenopausal women are affected by low bone density.



### TOP CAUSES OF BONE LOSS:

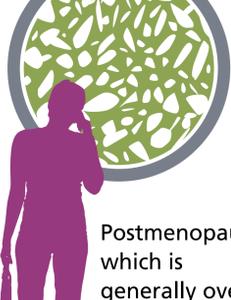
- ✓ Old age
- ✓ Hereditary bone health
- ✓ Hormone loss
- ✓ Low body weight (less than 127 pounds)
- ✓ Smoking and/or being on steroid therapy
- ✓ Suboptimal nutrition
- ✓ Low hormone production
- ✓ Excess alcohol and lack of exercise.

## THE THREE STAGES OF BONE HEALTH

### STAGE 1

### STAGE 2

### STAGE 3



First **25 years** of life when you build the strongest, most dense bones and minimize any actions that may compromise bone building.

From **26 years** of age to menopause, where you take steps to avoid the breakdown of bone.

Postmenopause, which is generally over **50 years** of age, when you support bone growth and limit bone loss.

### HOW DOES YOUR BODY BUILD BONE?

Through a cycle of dissolving old bone and building new bone, which is why people replace their bone on average every 10 years.



**Osteoporosis is a lifestyle disease, which means your choices do make a difference!**

## 3 MOST IMPORTANT NATURAL SOLUTIONS FOR BONE HEALTH

### VITAMINS AND MINERALS FOR BONE HEALTH

#### Calcium

**500-1200mg**

Organic green leafy vegetables, sardines, molasses, dairy, supplementation



#### Magnesium

**500mg**

Organic green leafy vegetables, wheat bran, brewer's yeast, supplementation



#### Zinc

**15mg**

Oysters, grass-fed red meat, organic chicken, fish, wheat germ, supplementation



#### Copper

**2mg**

Liver, oysters, nuts, chocolate, seeds, shellfish, supplementation



#### Manganese

**2mg**

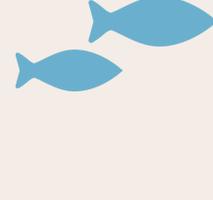
Pineapple, raspberries, beans, tomatoes, green leafy vegetables, supplementation



#### Vitamin D

**1000-2000IU**

15-20 minutes of sun, wild fish - sardines, mackerel and salmon, supplementation



#### Vitamin K

**90-120mcg**

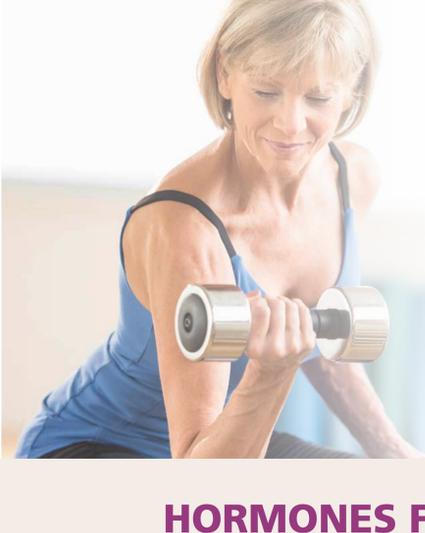
Chlorophyll, broccoli, cabbage, kelp, olive oil, canola oil, supplementation



#### B-12

**400-800mcg**

Grass-fed red meat, shellfish, liver, cheese, spirulina, kelp, supplementation



### LIFESTYLE FOR BONE HEALTH

- ✓ Manage stress
- ✓ Limit alcohol consumption
- ✓ Mineralize your water, ideally using Sole
- ✓ Monitor use of pharmaceutical drugs
- ✓ Weight bearing exercise
- ✓ Maintain healthy body weight

## HORMONES FOR BONE HEALTH

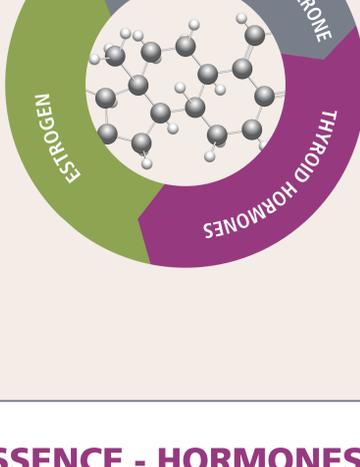
For post-menopausal women hormones play the most important role:

#### Estrogen

- Slows bone loss by controlling the action of osteoclast cells.

#### Progesterone & testosterone

- Increase the action of osteoblast cells and increase the rate at which you build new bone.



#### Thyroid hormones

- Overactive thyroid gland can put us at risk for low bone-mineral density.
- Too-high doses of prescription medication for low thyroid function can increase risk for osteopenia and osteoporosis.
- Too many circulating thyroid hormones (thyrotoxicosis) cause bones to age faster.

## FEMMENESSENCE - HORMONES AND BONE HEALTH

### ABOUT OUR SPONSOR

Femmenessence ground breaking clinical research is the first to demonstrate statistically significant effects on hormones in post-menopausal women from a natural product. It also showed in clinical research support for heart, bone and mental health in peri and post menopausal women. [www.Femmenessence.com](http://www.Femmenessence.com)

