Redefining Active

Presentation courtesy of
International Council on Active Aging

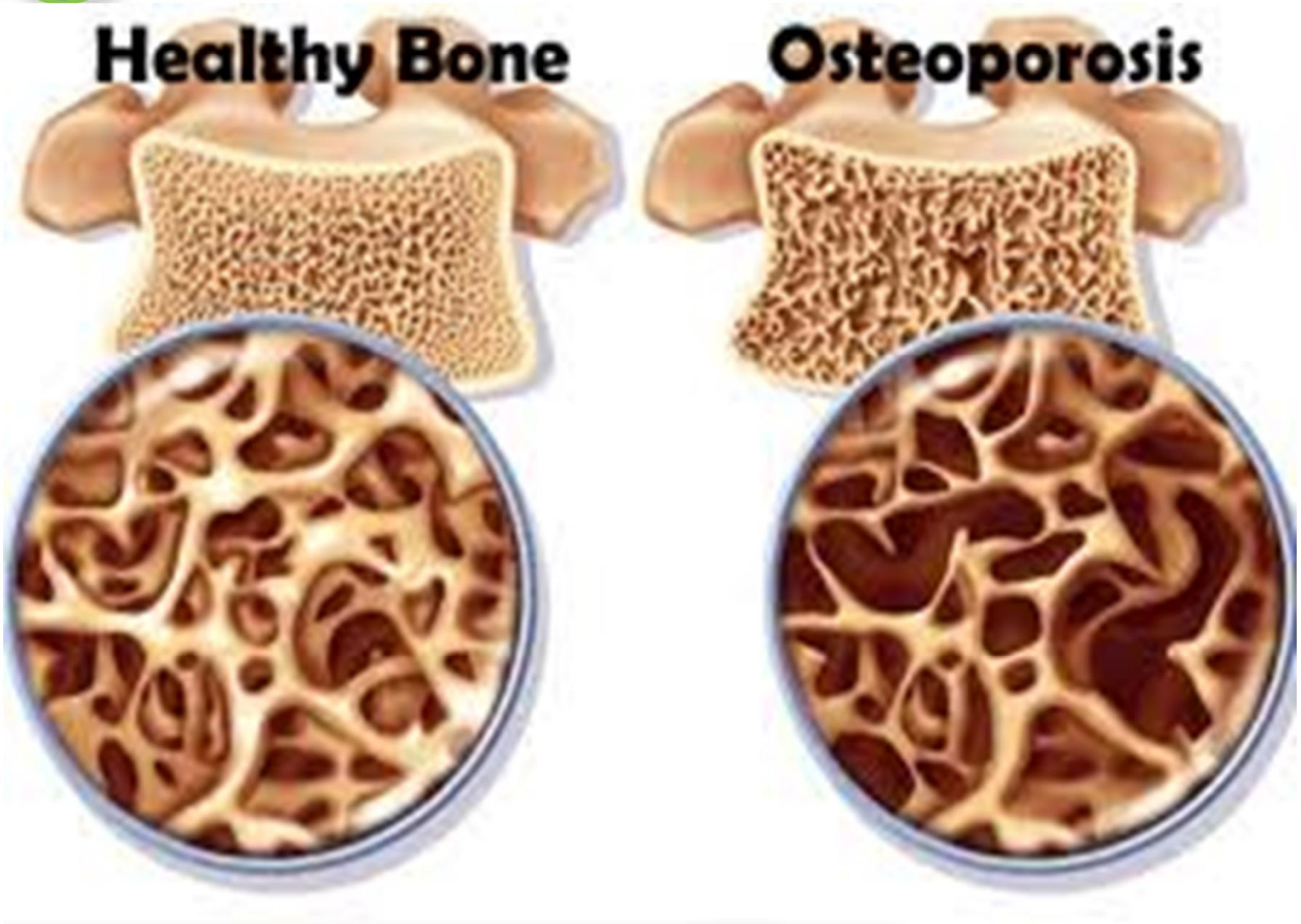
Building Strong Bonesé Dairy Free

Statistics in Canada

- **Osteoporosis -** characterized by a loss of bone mass

- Common osteoporotic fractures: wrist, spine, shoulder & hip
- ósilent thiefô because bone loss occurs without symptoms\
- Fractures from osteoporosis are more common than heart attack, stroke and breast cancer combined.

- At least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture during their lifetime.

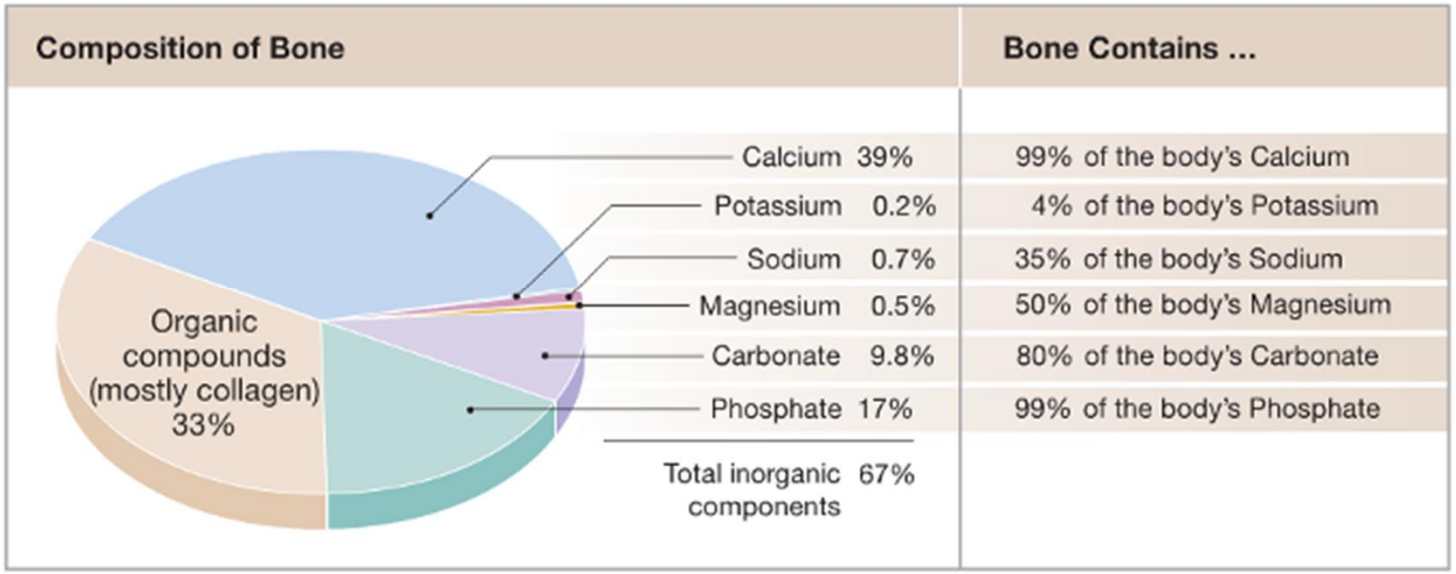

Healthy Bone
Osteoporosis

Bone development is influenced by several factors, including:

Nutrition
pH Levels
Exposure to sunlight
Hormones
Smoking
Medications
Physical exercise

Minerals in our Bones

- **Calcium** is known as the bone-building mineral, but it doesn't work alone!



How Much Calcium?

- W.H.O (World Health Organization) recommends 400mg per dayð 1/3 the amount recommended for North America

- Throughout the world, the incidence of osteoporosis correlates directly with animal protein intake.
  - *The greater the intake of animal protein, refined sugars, coffee etc. the more common and more severe will be the osteoporosis.*

- In fact, world health statistics show that osteoporosis is most common in those countries where dairy products are consumed in the largest quantities - North America, Finland, Sweden and the United Kingdom.

Dairy

- Contrary to popular belief, eating dairy products has NOT been shown to reduce fracture risk. In fact, according to the Nurses' Health Study dairy may increase risk of fractures by 50 %

- naturally occurring hormones are present in all milk and milk products. Even Mother's milk is laced with natural hormones.

- Cow's milk is notoriously the

most mucus-forming food we can consume.

Casein, the protein component in milk, is a very thick and coarse substance and can be used to make glue!

Calcium

(RDA 400-1500mg)

1/2 bunch rapini ï cooked = 250 mg

1 cup kale, raw = (90 mg)

1 cup collards, cooked = 266 mg

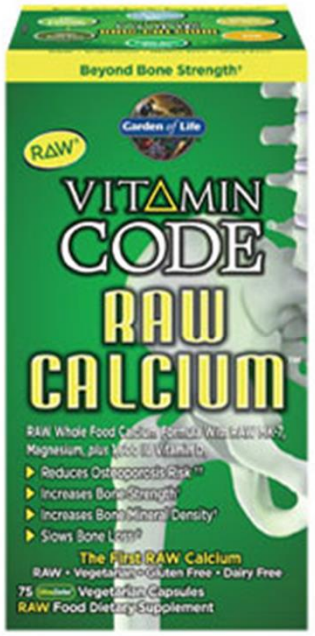
1 cup peas = 67 mg

1 tbsp sesame seed (not hulled) = 88mg (hulled)= 5mg

1 cup chickpeas = 77mg

Supplements

There are many advantages to choosing this plant-form calcium over a rock-source calcium. Minerals need to be changed by plants into a form to be fully absorbable by humans.



It works with calcium and vitamin D in your body to keep your bones healthy and strong

1 cup adzuki beans = 386 mg

1 cup brown rice, cooked = 162 mg

1 cup lentils, cooked = 356 mg

Phosphorus (RDA 800mg)

3 oz salmon = 235 mg

1 oz pumpkin seeds = 332 mg

¼ cup sunflower seeds = 327 mg

Vitamin D

A vitamin which acts like a hormone, regulating the formation of bone and the absorption of calcium and phosphorus

Pacific Cod - 3 oz.	20 iu
Atlantic Cod ï 3 oz	39 iu
1 egg	40 iu
Atlantic perch ï 3 oz	49 iu
2 sardines, canned	49 iu
Tuna, light in water ï 3oz Tuna, white in water ï 3oz	154 iu 68 iu
1 tsp. Cod Liver Oil	450 iu
Salmon ï 3 oz	447 iu

RDA 300IU

Magnesium

- Magnesium assures the strength and firmness of bones and makes teeth harder and is essential for healthy bones and teeth. Essential for absorption and metabolism of calcium.

- Too much calcium along with too little magnesium can cause kidney stones, osteoporosis and calcification of the arteries.

- magnesium is necessary to convert **vitamin D** into its active form.

Magnesium
(RDA 400mg)

1 cup spinach,
cooked = 156 mg

1 oz pumpkin seeds
= 151 mg

1 cup lentils,
cooked = 71 mg

1 oz. almonds
= 78 mg

1 cup black beans
= 120 mg

1 cup brown rice, cooked
= 84 mg

Vitamin K

Vitamin K is a critical nutrient for bone health.

Any health problems that compromise digestion and/or absorption of nutrients can contribute to deficiency of vitamin K.
(IBD, IBS, ulcerative colitis, celiac disease, short bowel syndrome, and intestinal resection).

- K1 ï found in vegetables (greens, avocado, okra, asparagus)
  - Most beneficial for blood clotting
- **K2 - produced by bacteria** (natto, fermented, cultured foods)
  - Most beneficial for strong bones
- K3 - synthetic, man made

Vitamin K

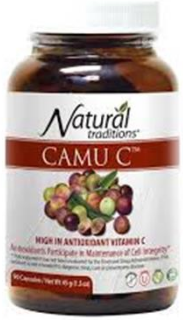
1 egg	0.150 mcg
1 cup oatmeal, cooked	0.7 mcg
4 asparagus spears, cooked	30.4 mcg
1 cup broccoli raw *(91g)* 1/2 cup broccoli, cooked *(78g)*	92.5 mcg 110 mcg
1 cup spinach, raw *(30g)* 1/2 cup spinach, cooked *(90g)*	144.9 mcg 444 mcg
1 cup kale, raw (67g) 1/2 cup kale, cooked (65g)	547.4 mcg 531 mcg
1 cup swiss chard, raw *(36g)* ½ cup swiss chard, cooked *(87.5)*	299 mcg 286.4 mcg
1 bunch rapini cooked	1119 mcg

RDA 100mcg

Collagen

a tough protein that forms the structure and strength of your skin, bone, tendons, cartilages and other connective tissues.

Silica is silicon dioxide, a trace and a major constituent of collagen and works with calcium to maintain bone strength



Vitamin C
aids in the production of collagen, and therefore helps build and maintain your skin, tendons, ligaments, blood vessels and cartilage.

Oats
Millet
Barley
Potatoes

provide silicon, which supports connective tissue formation

Horsetail is the richest plant source of silica, necessary for strong nails, hair, and bones

Gelatin is the cooked form of collagen

If milk doesn't prevent fractures, what does?

A diet **high** in fruits & vegetables
and
low in high-protein, refined foods
(*meats, poultry, fish, dairy, white sugar*)

pH Levels

Minerals such as Calcium & magnesium are examples of alkaline minerals used to help keep the body alkaline at the expense of bones.

As much as 10 - 40% of the calcium may be leached from mature bones before the loss can be seen on an X-ray

The more acidic the body is, the bigger the need for alkaline foods (80% alkaline, 20% acidic)

pH Levels

Could you be acidic? Here are some warning signs to look for:

- Feeling tired often
- Digestive problems including acid reflux
- Excess body fat
- Bone spurs, gallbladder and kidney stones
- Constipation and frequent bloating
- Chronic allergies
- Joint pains, muscle stiffness, chronic pain

Check urine morning and evening and aim for a pH of 7.0

Acidic Foods

	Low Acid Forming	Medium	High Acid Forming
Fruit	Apricots, dates, figs, prunes	Cranberries, pomegranates	
Vegetables	Spinach, Swiss chard, tomato, rhubarb		
Nuts	Pine nuts	Peanuts, pistachio, pecans	Hazelnut, walnuts
Legumes	Adzuki, chickpeas, fava, kidney, lima, mung, navy, peas, pinto	Tempeh	Soy, soy protein, soy milk, tofu
Grains	Amaranth, brown rice, buckwheat, millet, teff	Barley, bulgar wheat, corn, whole wheat flour, white rice	White flour, white rice
Proteins	Clams, egg whites	**Most fish** (bass, catfish, crab, oyster, scallop, tuna) **Most meats** (beef liver, buffalo, chicken, duck, lamb, goat, ham, pork, rabbit, turkey) **whole egg**	Beef, veal, lobster, shrimp, swordfish
Dairy	Butter, cream, goats milk, kefir, milk, sour cream, yogurt	Cottage cheese, cream cheese	Camembert, gouda, aged cheddar, mozzarella, Swiss cheese
Other	Balsamic vinegar, black tea, MSG, rice vinegar, mayo, honey, maple syrup, stevia, vegetable oils	Aspartame, ketchup, molasses,	Alcohol, soda, coffee, brown sugar, white sugar, corn syrup, chocolate, cocoa powder, table salt, yeast

Alkaline Foods

	High Alkaline	Medium Alkaline	Low Alkaline
Fruit	Berries, cantaloupe, honeydew, kiwi, limes, mango, papaya, peaches, persimmons, pineapple	Apples, apricot, avocado, banana, cherries, grapes, grapefruit, lemons, oranges, pears	
Vegetables	Asparagus, celery, collards, endive, kale, mustard greens, radish, sweet potato,	Artichokes, bean sprouts, beets, bell peppers, broccoli, cabbage, cauliflower, eggplant, jerusalem artichoke, lettuce, okra, potato, string beans, squash, turnip, watercress, zucchini	Snow peas, brussel sprouts, organic carrots, cucumber, mushroom
Nuts	Chestnuts, pumpkin seeds	Cashew, macadamia nuts	Almonds, sesame seeds, sunflower seeds, flax,
Seaweeds	Dulse, hijiki, kelp, kombu, nori, wakame	Agar, irish moss, spirulina	
Grains		Lentils	Oats, oat flour, quinoa, wild rice
Spices	Ginger, parsley	Basil, black pepper, cardamom, cilantro, cinnamon, cumin, dill, fennel, garlic, marjoram, oregano, tarragon, thyme,	Bay leaf, cayenne, celery seeds, coriander seeds, dill seeds, mace
Other	Burdock root, daikon radish, lotus root, taro root, umeboshi vinegar, miso, sea salt, baking powder, baking soda	Apple cider vinegar, molasses, tamari soy sauce	Camomile tea, green tea, coconut, coconut oil, cod liver oil, flax oil, olive oil, sucanat
Dairy			Whey

CAUTION - PPIs

Prevacid. Prilosec. Nexium

- ✓ the most common side effects of PPIs are abdominal pain, nausea, headache, pharyngitis, and diarrhea.
- ✓ PPI use has been linked to decreased absorption of magnesium, vitamin B12, and iron.
- ✓ PPIs have also been linked to reduced calcium absorption and subsequent development or exacerbation of osteoporosis and bone fracture.

Reduced vitamin and mineral absorption
Iron
Calcium
Magnesium
B12
Infections due to bacterial proliferation
Clostridium difficile
Community-acquired pneumonia
Osteoporosis
Alteration in pH-dependent drug pharmacokinetics
Antibiotics
Tacrolimus
Decreased efficacy of clopidogrel
Dementia
Chronic kidney disease

Natural Alternatives to Treat Acid Reflux

- Identify food sensitivities – *coffee, chocolate,alcohol dairy, gluten etc.*
- Improve digestion – *enzymes, probiotics, ACV*
- Heal the digestive tract – *glutamine, homeopathics, herbs etc*.

Caffeine

- Coffee is acidifying, so it accelerates bone loss, especially if consumed in excess

- Decaf can be a good choice if you're sensitive to caffeine, but it doesn't change the fact that coffee is still acidifying. So drinking excessive decaffeinated coffee can be just as detrimental to your bone health as the caffeinated variety.

- Black tea is also considered acid whereas herbal teas are not

Teeccino – a healthy coffee alternative

- Alkaline
- High in potassium
- Contains inulin a soluble fiber
- Caffeine free
- Made from chicory, barley, dates, figs etc.

Working with a Nutritionist

- Review diet and health history
- Check pH levels
- Test for food sensitivities if necessary
- Encourage diet changes based on your sensitivities
- Muscle test for proper supplementation
- Provide email support throughout the treatment

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ACTIVE AGING WEEK
OCT 1 – 7 2019

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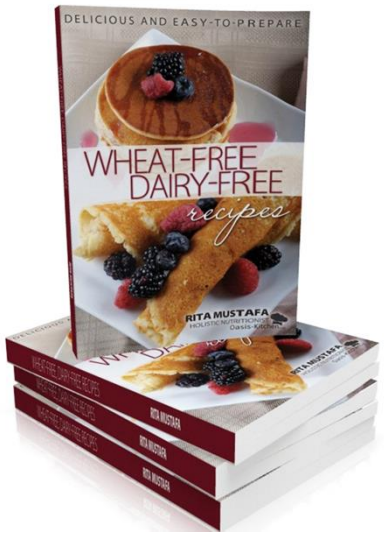
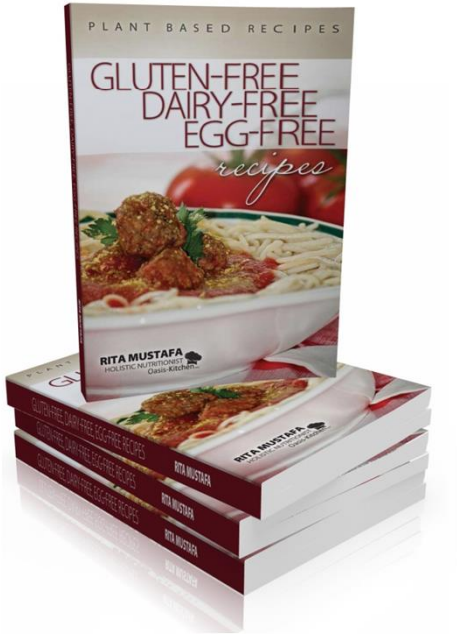
HEALTH & WELLNESS



- Nutritional Counseling
- Acupuncture
- Food Sensitivity Testing
- Detoxing Footbaths
- Cooking Classes
- Workshops
- Movie Nights
- Detoxing Programs



Rita Mustafa, Holistic Nutritionist and Acupuncturist

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Thank you!


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