

JOEL FUHRMAN, MD

Preventing osteoporosis

The National Osteoporosis Foundation estimates that 50 percent of women and 25 percent of men, over the age of 50, will have an osteoporosis-related fracture during their lifetime.

The best protection against osteoporosis is a combination of weight-bearing exercise and excellent nutrition.

Bone strength is directly related to muscle strength. The most effective way to strengthen bone and protect against osteoporosis-related fractures is by increasing muscle strength.

Weight-bearing exercises are ideal for improving balance and building bone strength. While swimming and biking are good for cardiovascular conditioning, they will not help protect against osteoporosis like running or lifting weights can.

In women, who are at a risk for osteoporosis, back strengthening exercises are especially beneficial and can provide lasting protection against spinal fractures. For women, in addition to doing weight-bearing exercises, I also recommend wearing a weighted vest for a few hours each day for stronger

bones.

A weighted vest can be worn, not only during exercise, but also while you work or shop and bend, stand, and move throughout the day. Wearing a weighted vest has other benefits as well, such as burning more calories, increasing core strength and stabilizing muscles, thus improving balance and decreasing the risk of falls.

Certain foods supply the body with the nutrients necessary to build and maintain healthy, strong bones. Other foods promote the breakdown of bone and osteoporosis. The best foods for bone health are whole plant foods.

Studies show that individuals with the highest consumption of fruit and vegetables have the strongest bones, and bone health-promoting effects of flavonoids, plum/prune polyphenols and additional phytochemicals are now being investigated.

Greens, seeds, and beans are healthful calcium sources. A diet full of natural plant foods provides the calcium required to build strong bones.

Green vegetables in particular are rich calcium sources.

For example, one four-ounce serving of steamed kale has just as much calcium as one cup of milk.

Broccoli, bok choy, sesame seeds, and garbanzo beans are also excellent calcium sources. Furthermore, the body absorbs about 50 percent of the calcium in green vegetables, compared to only 32 percent of the calcium in milk.

Green vegetables contain vitamin K, which is a crucial component for maintaining healthy bones.

Higher intake vitamin K1 is associated with bone health, and in supplementation trials using vitamin K2 (which is low in plant foods), fracture risk was greatly reduced.

It is important to get both K1 from green vegetables, and likely beneficial for those whose diets do not contain K2 naturally to consume additional K2 from a supplement.

Nuts and seeds are rich in magnesium, an essential mineral, which is used for the formation of bone tissue.

For most people following a Nutritarian diet, maintenance of bone mass, muscle mass and muscle strength with age can be achieved easily with a Nutritarian diet that includes seeds, nuts and beans.

For healthy bones, it is important to ensure adequate

protein intake in mid-life and especially after the age of 70. Although this is routinely accomplished with protein-rich plant foods, animal products may be added if muscle mass starts to fall too low on a completely vegan diet.

Phytate, present in beans, whole grains, nuts and seeds, is known as an "anti-nutrient," a substance that prevents us from absorbing certain minerals, however the phytate in many plant foods might actually benefit bone health.

Studies have found that women who consume more phytate had either greater bone mineral density or less bone mass loss.

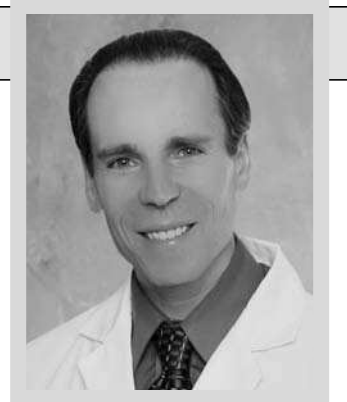
Phytate appears to help to prevent osteoporosis by preventing bone breakdown by bone-resorbing cells.

The worst foods for bone health are foods that promote calcium loss:

- Salt promotes the excretion of calcium in the urine.

Caffeine also contributes to urinary calcium loss. High caffeine intake is associated with increased bone loss and osteoporotic fractures.

- Soda, including diet and decaffeinated soda, is associated with bone loss. Soda consumption increases parathyroid hormone (PTH) in the blood, which increases blood calcium



concentrations by stimulating bone breakdown. This increased blood calcium is then excreted in the urine.

In Osteoporosis Protection for Life, I have put together a comprehensive approach that combines dietary advice, supplements and special bone-strengthening exercises, which can provide significant improvements — when compared to drug treatment — for osteopenia and osteoporosis.

This DVD provides the information that is needed to put an effective osteoporosis prevention plan into place and take action.

Just a few minutes a day, or 15 minutes twice a week, is all that it takes to complete the exercises that can keep your bones strong-for life.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

Visit his website at DrFuhrman.com, or submit questions and comments to news-questions@drfuhrman.com.

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Siuslaw Watershed Camps are made possible by support from the Oregon Watershed Enhancement Board, Western Lane Community Foundation, the Siuslaw SD Twilight Program, and monetary and in-kind donations from local agencies, businesses and individuals.

Herbalists to hear from Food Share president

Florence Food Share does more than distribute 50,000 pounds of food every month.

At the next Florence Herb Enthusiasts meeting, set for Thursday, June 18, at 11 a.m. at New Life Lutheran Church, 2100 Spruce St., Food Share president Bart Mealer will share information about the history, growth and progress of this vital program in Florence.

In 1980, a grass roots effort to help provide emergency food to Florence area residents was put together by a group of



COURTESY PHOTO

Food Share president Bart Mealer in the 10,000-square-foot Food Share garden.

local churches and operated out of people's garages and car trunks.

Since then, the population has doubled and the need has increased accordingly. In 1994, Florence Food Share moved to its permanent home at 2190 Spruce St., on land leased from New Life Lutheran Church.

Mealer will touch on several points, followed by a tour of the 10,000-square-foot garden with 42 raised garden beds. Learn more about Food Share's client demographics, why the garden exists and its history, what plant choices they make for the garden and why, quantities produced, and volunteer labor.

Of particular interest is its use of rain catchment, irrigation system, special water metering, and how it creates and uses compost.

Florence Herb Enthusiasts meet the third Thursday of the month. To learn more about Florence Food Share and how its garden grows, come to the June 18 meeting. Guests are welcome to attend their first meeting free.

Annual dues are \$10. For more information, call Robert McGlaufflin at 541-513-1745 or Jacquie Beveridge at 541-997-8311.

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WORD ON THE STREET

What advice would you give to this year's graduates?



"Follow your dreams and accomplish your goals by choosing your own path to follow."

—ANTHONY GARCIA, 12
GILCREST, ORE.



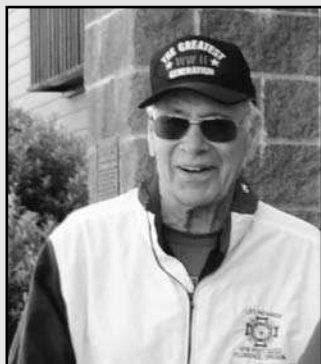
"You don't have to have it all figured out right now."

—FLORENCE FIRST CITIZEN
CINDY WOBBE, 53
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"Be true to your self and follow your dream"

—MIKE BONNELL, 72
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"Continue your learning experience, which opens the whole future to you, and that of the whole country. One day, the country will depend on you."

—HARLEY YOUNGBLOOD, 87
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