



7 SECRETS TO STRONGER BONES

7 SECRETS TO STRONGER BONES

by

PUREHEALTH[®]
RESEARCH

This book is not intended as a substitute for medical advice of physicians. The reader should consult a physician in matters relating to his/her health. The information provided in this book is designed to provide useful informed advice on the subjects that are being discussed. This book is not meant to be used to diagnose or treat any medical condition. For diagnosis or treatment of any kind, consult your own physician. Moreover, the techniques and exercises listed in this book are meant to be carried out in a safe environment and on the readers own personal responsibility. The publisher and author are not responsible for any specific health issues or injuries that might occur from inappropriate practice.

Copyright © 2020 by PureHealth Research

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, contact the publisher, at the address below.

WWW.PUREHEALTHRESEARCH.COM

TABLE OF CONTENTS

INTRODUCTION:	4
SECRET #1 – RESISTANCE TRAINING	5
SECRET #2 – EAT FOODS WITH OMEGA-3 FATTY ACIDS	6
SECRET #3 – ADD THE RIGHT VEGETABLES AND FRUITS TO YOUR DIET .	7
SECRET #4 – REDUCE THE WHEAT AND GRAIN INTAKE	8
SECRET #5 – JUMP AROUND	9
SECRET #6 – GET SOME SUNSHINE	10
SECRET #7 – REDUCE THE WHEAT AND GRAIN INTAKE	11
CONCLUSION:	12
CITATIONS	13
RESOURCES:	13

INTRODUCTION:

As you get older, your bones can start to wear down, and many people just chalk it up to aging. However, you don't have to let your bones become weak, fragile, and brittle. You can take some simple steps that will help you to increase the strength of your bones now, so your bones remain strong for the rest of your life.

It's not too late to get started. You just need to know the best ways to do it. In this book, you'll find seven secrets to stronger bones, all of which you can do from home and without drugs and the side effects they might cause.



SECRET #1 – **RESISTANCE TRAINING**

When people age, they start to lose bone mass. During the first six years after menopause, women can lose up to 3% to 5% of their bone mass because of a lack of estrogen. Men can lose bone mass, as well. One of the best ways to prevent loss and to strengthen your bones is through resistance training.

In 2018, there was a systematic review and meta-analysis of previous studies that looked into resistance exercise and bone health¹. Resistance exercises, including bodyweight exercises and weight training, have long-been touted as helping increase muscle mass and to counter bone loss.

Some of the examples cited in the study that qualify as resistance training include:

- **FREE WEIGHTS**
- **WEIGHT MACHINES**
- **ELASTIC BANDS**
- **MEDICINE BALLS**

Many of the exercises used will target major muscle groups attached to the hip and spine, along with other bones in the body. The resistance the body encounters forces the muscles and the bones to become stronger over time.

The World Health Organization recommends that patients 65 and over engage in muscle-strengthening activities at least two days per week. Those who are younger can perform resistance exercises more often but should still get plenty of rest so their bones and muscles can recuperate.

Resistance training is beneficial. It's something that you can do at home relatively easily, even if you don't have weights since bodyweight exercises, exercise bands, and other resistance activities can be effective.



SECRET #2 – ***EAT FOODS WITH OMEGA-3 FATTY ACIDS***

Diet is very important to the health of your bones. Eating the right types of foods and ensuring that you have the right nutrition can help immensely. In 2012, there was a systematic review of omega-3 fatty acids and osteoporosis, a bone disease that occurs when you've lost too much bone density and/or the body doesn't make enough bone.

They found evidence that diets that are high in omega-3 fatty acids could help with bone health, particularly when the diet also consisted of calcium, such as that found in fortified dairy products and supplements².

Therefore, one of the simpler ways that you can help to improve your bone strength is by adding more foods that have omega-3 fatty acids in them. Some prime examples of foods mentioned by the National Institute of Health³ that you'll want to consider include:

- **Salmon, mackerel, tuna, herring, and sardines**
- **Nuts and seeds**
- **Plant oils**
- **Fortified foods including milk, soy beverages, yogurt, and eggs**



Adding more of these to your diet, as long as you don't have other dietary restrictions, will help to strengthen your bones. If you can't eat these foods for one reason or another, or you can't get enough of them, there are plenty of omega-3 supplements available online and in the grocery store.

SECRET #3 – ***ADD THE RIGHT VEGETABLES AND FRUITS TO YOUR DIET***

In addition to foods that have omega-3s in them, you'll also want to consider adding a range of vegetables that could provide you with some added help in your fight to strengthen and preserve your bones. For starters, consider eating more onions.

There was a study conducted by the Department of Family Medicine at the Medical University of South Carolina, Charleston, that examined the effect of onions and bone density⁴. They found that women who included onions in their diet had the highest bone density, and those who did not eat them as often had the lowest.

The National Osteoporosis Foundation provides a range of guidelines when it comes to the types of foods you should eat for your bone health⁵. Some of their vegetable and fruit recommendations include:



COLLARD GREENS



KALE



OKRA



DANDELION GREENS



MUSTARD GREENS



BROCCOLI



TURNIP GREENS



TOMATOES



RAISINS



SPINACH



SWEET POTATOES



ORANGES



PAPAYA



PRUNES



BANANAS



PLANTAINS



BELL PEPPERS



BRUSSELS SPROUTS

These fruits and vegetables have a range of different vitamins and minerals. Some have calcium, vitamin D, magnesium, potassium, vitamin C, and vitamin K. These are beneficial for your overall health, including your bone health and strength.

SECRET #4 – *REDUCE THE WHEAT AND GRAIN INTAKE*

Are you someone who eats a substantial amount of bread and other grains? While these foods might seem filling, they may not be doing your bones any favors. It's becoming more common for health professionals to recommend keeping wheat and grain intake to a minimum.

Eating too much wheat and grain could be causing bone loss according to Bess Dawson-Hughes, director of the Bone Metabolism Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts⁶. She says that even though losing bone density is a normal part of aging, the mechanism that causes it is still unclear, but she believes it has to do with the grains we're eating.

Grains have sulfur compounds in them that can lead to an increase in the overall acidity of your body. The increase in acidity could cause the bones to break down into its components and be reabsorbed into your bloodstream for other uses. Normally, the body has a defense for this, but with added grains in the diet, it could lead to accelerated bone loss.

Dawson-Hughes and her team published a study in the Journal of Bone and Mineral Research. The study involved 244 women and men who were at least 50 years old. Half were given an alkali, potassium bicarbonate, which helps to reduce acidity. The others were given a placebo.

The researchers took urine samples over three months to see how much calcium they contained. Those with higher levels of calcium were indicative of the body breaking down bone because of the higher levels of acid in the body. They found less calcium in the urine of the participants who were given the alkali.

Dawson-Hughes reasons that taking this supplement or reducing the amounts of grains that you're eating could help to preserve your bone health.



SECRET #5 – *JUMP AROUND*

This one might sound strange, and that's one of the reasons that it's considered a secret. However, jumping could help to improve your bone health. According to a study published in the American Journal of Health Promotion, jumping up and down between 10 and 20 times, twice each day, could help to improve hip bone density⁷.

This was a randomized controlled trial that took place across approximately 20 cities and included 60 premenopausal women between the ages of 25 and 50.

The subjects were assigned randomly to a control group or one of two groups of jumpers. The control group did not jump. The Jump 10 group jumped 10 jumps twice a day with 30 seconds between the jumps for four months. The Jump 20 group jumped 20 jumps twice a day with 30 seconds between each jump for four months.

Interestingly, they found that the jumping had a positive effect on the bone density in the hips. You might want to start adding some jumps into your exercise routine each day. It can be fun, and it can help your bones.



SECRET #6 – *GET SOME SUNSHINE*

Getting out into the fresh air does more for you than just helping you feel better and more energized. Vitamin D is essential when it comes to building and maintaining strong bones. However, it's difficult to get enough of this vitamin simply from the foods that you are eating.

A study of 300 women between 45 and 55 found that calcium and vitamin D intake, as well as sun exposure, were important to help reduce the risk of osteoporosis⁸.

Vitamin D helps to improve the absorption of calcium from the gut, which increases your bone density and improves your muscle function. You should be getting around 600 international units (IUs) of vitamin D each day, but most people don't.

However, getting outside into the sun for about 15 minutes a day can provide you with the ability to make enough vitamin D for your body without getting too much sun exposure. Take a walk outside once a day to get in some exercise and get the added benefit of vitamin D.



SECRET #7 – *REDUCE THE WHEAT AND GRAIN INTAKE*

How much sleep are you getting each night? If you are deprived of sleep and are getting less than six or seven hours, you could be at a greater risk of loss of bone mass according to research.

A study published in the Journal of Orthopaedic Surgery and Research from 2016 found that rats that were deprived of sleep showed a significant decrease in their bone mineral density when compared with the rats in the control group⁹.

Another study, this one published in 2015 in the Journal of American Geriatrics Society, found that sleeping for less than six hours a night was associated with osteoporosis¹⁰.

What does this mean for you? It means that you need to start getting at least six hours of good sleep per night if you aren't already. If you have trouble getting to sleep, it can help if you start to get into a bedtime routine.

Don't check your email before going to bed, and turn off any electronics, such as your phone or the TV. Consider reading a book to relax, taking a shower, and brushing your teeth, and perhaps listening to some soothing music or nature sounds. Make sure that your room is at a comfortable sleeping temperature, as well. Many people sleep better when it's cool in the room, but do what works for you.

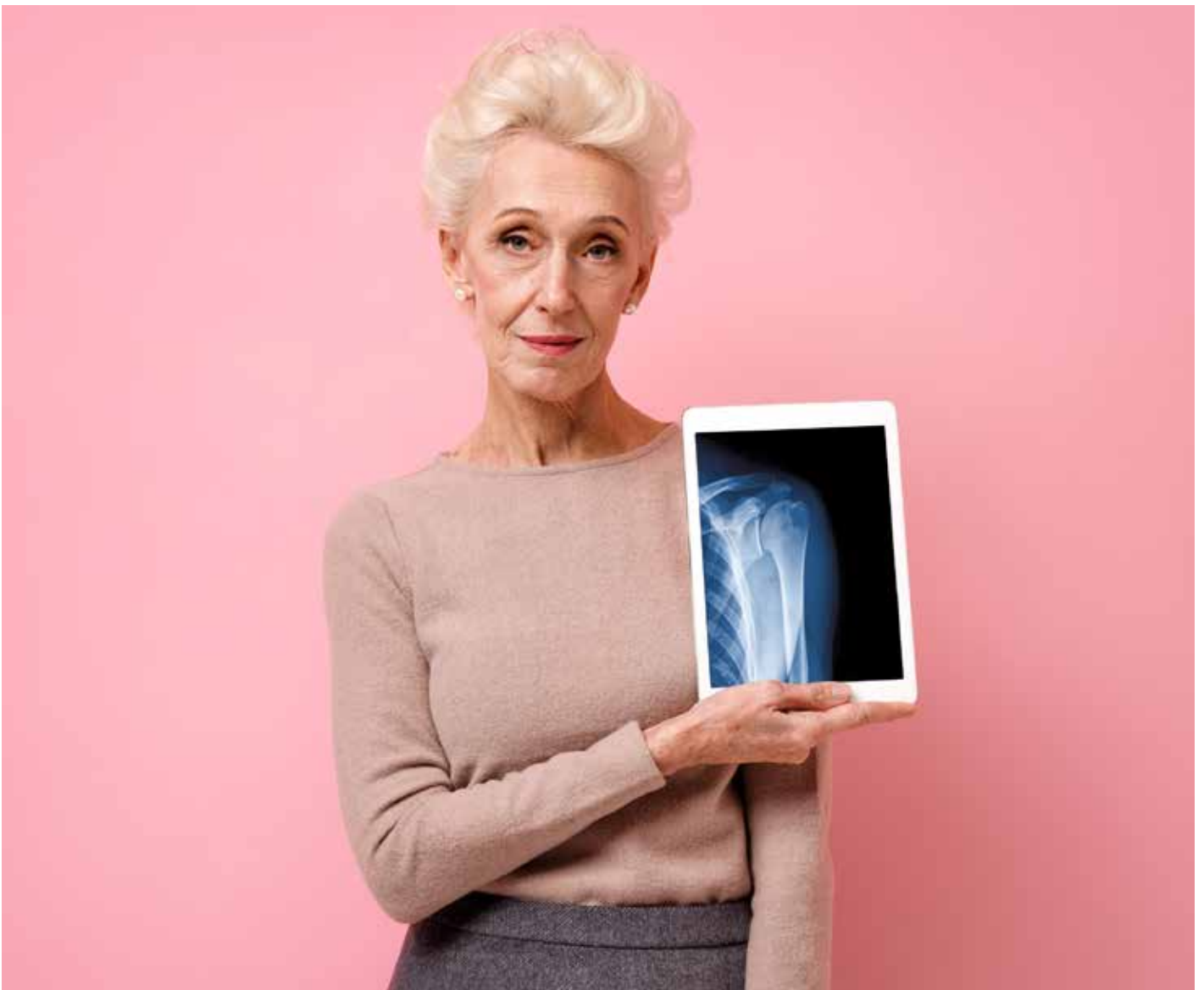
If you get into bed and can't fall asleep, get up and do something else for half an hour or so, then get back into bed and try again. Eventually, your body and mind will get accustomed to your routine, and it should be easier to get to sleep. If it isn't, you may want to talk with a medical professional about your insomnia.



CONCLUSION:

With the seven secrets discussed in this book, you'll be well on your way to having stronger bones. Whether you're still young and vital, or you've already noticed that your bones aren't as strong as they used to be, these simple tips you can do at home really can help.

They are all relatively simple to use, so it'll be nice and easy to get started and add these tips to your daily routine.



CITATIONS

1. 1 - Hong, A Ram, and Sang Wan Kim. "Effects of Resistance Exercise on Bone Health." *Endocrinology and metabolism* (Seoul, Korea) vol. 33,4 (2018)
2. 2 - Orchard, Tonya S et al. "A Systematic Review of Omega-3 Fatty Acids and Osteoporosis." *The British journal of nutrition* vol. 107 Suppl 2,0 2 (2012)
3. 3 - National Institutes of Health, Office of Dietary Supplements, "Omega-3 Fatty Acids: Fact Sheet for Consumers"
4. 4 - Matheson, Eric M et al. "The association between onion consumption and bone density in perimenopausal and postmenopausal non-Hispanic white women 50 years and older." *Menopause* (New York, N.Y.) vol. 16,4 (2009)
5. 5 - National Osteoporosis Foundation, "Food and Your Bones – Osteoporosis Nutrition Guidelines"
6. 6 - Levin, David, "The Connection Between Wheat and Bone Loss", Tufts NOW, 2017, originally published in Tufts Nutrition, 2016
7. 7 - Tucker, Larry A et al. "Effect of Two Jumping Programs on Hip Bone Mineral Density in Premenopausal Women: A Randomized Controlled Trial." *American Journal of Health Promotion: AJHP* vol. 29,3 (2015)
8. 8 - Kopiczko, Anna. "Assessment of Intake of Calcium and Vitamin D and Sun Exposure in the Context of Osteoporosis Risk in a study Conducted on Perimenopausal Women." *Przegląd Menopauzalny = Menopause review* vol. 13,2 (2014)
9. 9 - Xu, Xiaowen et al. "Effects of Chronic Sleep Deprivation on Bone Mass and Bone Metabolism in Rats." *Journal of Orthopaedic Surgery and Research* vol. 11,1 87. 2 Aug. 2016
10. 10 - Cunningham TD, Di Pace BS. "Is Self-Reported Sleep Duration Associated with Osteoporosis? Data from a 4-Year Aggregated Analysis from the National Health and Nutrition Examination Survey". *J Am Geriatr Soc.*, 2015

RESOURCES:

- <https://www.aarp.org/health/conditions-treatments/info-2017/how-to-strengthen-bones-photo.html#slide1>
- <https://www.nof.org/patients/treatment/nutrition/>
- https://www.huffpost.com/entry/7-secrets-to-stronger-bon_b_7346068
- <https://pubmed.ncbi.nlm.nih.gov/26096586/>

ACTIVATING NATURE'S CODE OF HEALTH

We at **PureHealth Research** are a growing group of skilled experts, innovative, and talented people with one goal – to help people **reclaim the control of their own health**. Each has seen friends and loved ones struck by illness or disease, which makes our vision personal.



Energy, metabolism, detox

Toenail care

Enhance liver function

Our mission is to **improve your overall health with superior quality therapeutic nutraceuticals** scientifically proven effective by research.

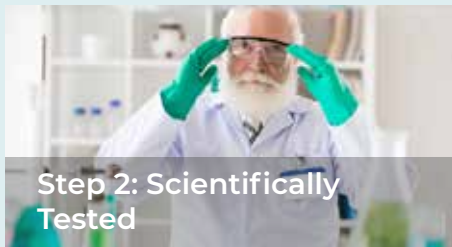
OUR PROCESS

INTEGRITY – FLAWLESS EXECUTION – RESPONSIBILITY

PureHealth Research develops scientifically proven products that **help you achieve the pure, healthy lifestyle you deserve**. We only use natural ingredients you trust and put them through a 5-Stage Research and Testing Process, so they become “PureHealth Approved & Certified!” Here’s how it works:



Step 1: The Creating Process



Step 2: Scientifically Tested



Step 3: The Purest Ingredients



Step 4: Ingredient Testing



Step 5: GMP Certified Manufacturing

We believe in our products, we use our products, and every step of our manufacturing and development process was created to ensure we deliver only the highest quality formulas for your body day in and day out. **After all, that's what you deserve, and we're here to help give it to you with every product we produce.**

Learn more about PureHealth Research products

VISIT PUREHEALTH® SHOP
RESEARCH

7 SECRETS TO STRONGER BONES

by

PUREHEALTH®
RESEARCH