

LOCK CALCIUM INTO YOUR BONES

You've probably heard this a lot when you were a kid, "drink your milk and you'll be strong!" Why, because milk contains calcium, and having sufficient Calcium and Vitamin D is the key to healthy bones: A fact that is supported by evidence from several clinical trials.

Consuming enough calcium in your diet is the first step to attaining and maintaining healthy bones. Calcium, the most abundant mineral in our bones is essential to healthy bone development and maintenance, and adds to its strength and rigidity. But did you know that consuming Calcium alone is not enough? Yes, there are many factors which are required for locking calcium into our bones. No matter how much calcium a person is taking, it is of no use if the body fails to incorporate it into the bones.

The number one and the top most important nutrient that Calcium cannot be absorbed without is vitamin D. Vitamin D is naturally produced in our bodies through sunlight exposure. The body utilizes this vitamin to absorb calcium. Not enough Vitamin D leads to insufficient Calcium absorption & hence weak bones. How to ensure that you have enough Vitamin D in your body? Scientists recommend that people expose their hands, face and arms to UV light at least 2 or 3 times a week for 10 to 15 minutes to have sufficient **Vitamin D** in the body.

Vitamin C is another important nutrient that we need for the absorption of dietary calcium. So, in order to have sufficient calcium body stores, we have got to make sure that we are not being careless about the intake of this nutrient. And how do we ensure that we are having enough of this nutrient in our diet? By incorporating **Citrus fruits** and juices, broccoli, tomatoes, cauliflower, spinach, cabbage and strawberries in our daily diet.

Not only the dietary but also the non-dietary factors contribute in the strengthening of the bones. Physical activity is a very important factor that is needed for calcium uptake by the bone. Weight bearing exercises help in calcium absorption and together they add to bone mass!

ENJOY LIVING HEALTHIER AND STRONGER BY LOCKING CALCIUM INTO YOUR BONES!