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This is a sample of a letter I would send to you along with a Nutritional Therapy form for you to fill out in order for me to assist bone health.

Dear Peggy,

Re: Nutritional Therapy to assist osteoporosis,

Please find enclosed a detailed nutritional therapy form for you to fill in and return to me in the stamped addressed envelope enclosed as soon as you can.

Can you also enclose the results of any x-ray and/or blood tests if you can (or you can forward them on) and any supplements that your taking, please put the name and brand on the nutritional therapy form.

Assuring you of my cooperation with you at all times in the best and safe interests of your health.

Yours sincerely

Susan Boland DipIHS NTOI
Nutritional Therapist
Fitness Coach



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Looking after your Bones

What is Osteoporosis?

Osteoporosis, which literally means “porous bone,” is a disease characterized by low bone mass and deterioration of bone tissue, leading to increased bone fragility and risk of fracture, particularly of the hip, spine and wrist. It has been called “the silent disease” because bone loss occurs **initially** without symptoms.

What are the Causes?

Although low dietary intake of calcium and a postmenopausal drop in oestrogen are the most well known causes of osteoporosis there are many other known causes. Age-related bone loss may be due to excess calcium loss rather than inadequate calcium intake. Bone is a living tissue that is constantly being broken down and rebuilt, even in adults. Bones are a storehouse of calcium and other chemical elements which the body uses to maintain the chemical balance in the blood and other body fluids.

Nutrition plays a major role here also that includes the **body’s ability to absorb foods** that are important for bone health. There are certain foods eaten regularly along with a **healthy gut lining** that can contribute to strong bones.

Your chances of developing osteoporosis are greater if you are a woman although men also start to lose calcium from their bones as they get older. Women have less bone tissue and lose bone more rapidly than men because of hormonal changes, especially the decline in estrogen levels after the menopause. Menopause is the turning point in osteoporosis because the bones’ ability to incorporate calcium from your blood depends on the hormone oestrogen. As women pass through menopause, they produce less oestrogen, and can’t absorb enough calcium to replace the bone they naturally lose therefore **Nutrition** may help.

Exercise also helps with bone resorption.

PHYSICAL EXERCISE IS THE MOST CRITICAL FACTOR FOR MAINTAINING HEALTHY BONES (must be supervised, you can avail at my studio with a physiotherapist on a one to one basis or in a group as fall prevention type exercise is especially important),

FOLLOWED BY IMPROVING DIET AND LIFESTYLE.

