

Improving Our Bone Health

Keeping our bones strong by doing regular exercise or having a balanced diet including foods rich in calcium and vitamin D can help to improve bone density and reduce risk of osteoporosis. Good sources of calcium come from low fat dairy products, nuts/almonds, beans/legumes, and sardines/salmon with edible bones while egg yolks, saltwater fish, liver, and milk are good sources of vitamin D. Other vitamins important to good bone health include vitamin B, vitamin C & E, and vitamin K. Other minerals include boron, copper, magnesium, potassium, silicon, and zinc.

Vitamin B12 works to support the building of new bone. Vitamin C supports the formation of proteins important to bone formation, and vitamin E helps to protect cells from damage. Vitamin K allows proteins which build and heal bones to work. Boron and potassium are thought to reduce calcium loss in urine allowing what is taken to be more effective. Copper, silicon and zinc work by helping calcium be more effective in the bone making process. Out of all the additional vitamins and minerals magnesium is considered the most important as it helps the body utilise both calcium and vitamin D in hardening and strengthening bones. Low magnesium levels have been linked with increased risk of fractures and osteoporosis.

Keeping a healthy weight and doing regular weight bearing exercise also ensures our bone health is good. Like muscles, bones get stronger the more we exercise – the best exercises for good bone health include walking, climbing stairs, and dancing. Why not try doing 30 minutes of weight bearing exercises every day.

A good healthy balanced diet should get the right levels of nutrients needed for good bone health, where this is not possible then a good supplement is the next best thing. Conditions that may affect your food absorption include Crohn's, Coeliac disease, and severe liver disease making supplements the best alternative. The bone health supplement we sell from Cytoplan has a nice balance of the best vitamins and nutrients to supplement your diet.

Latest news from the centre

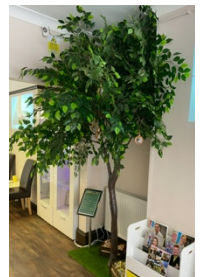
Spinal Screening Day



We held one of our in-house spinal screening events last week, it was a huge success, members of the community booked their free ticket online and came in to see our wonderful team for a posture check followed by a consultation with one of our practitioners – these events are a great way of finding out if Chiropractic or Osteomyology care is right for you.

Our Wellbeing Tree

You may have noticed if you've been in the centre recently that a tree has appeared – no Christmas hasn't come early this is in fact our new 'Wellbeing' tree and is there to represent all our wellbeing community that have made a commitment to live life to the full.



Osteomyology Advance Training



Our Osteomyologist team went off to Norwich last month where they took part in an advanced activator course in which they have brought back lots of new techniques to help get the best care for their clients.



VOUCHER

FAMILY REFERRAL VOUCHER

While you are enjoying the benefits of care within the centre, why not bring your family along for a check up and enjoy the benefits of true wellbeing care for the whole family.

This certificate will cover 50% of the cost of your their initial visits to the centre to see our Chiropractic or Osteomyology team. This includes: A Private Consultation, a full top-to-toe examination, including x-rays if necessary. It also covers a follow up visit in order to receive a full verbal report of the centre's findings.

This voucher has no cash value and cannot be exchanged for cash or used towards product purchases and can not be used in conjunction with any other promotions.

Total Balance Wellbeing Centre. 19-21 Surrey Street, Lowestoft, Suffolk. NR32 1LJ. Telephone 01502 517070

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