

# YOUR QUICK GUIDE TO OSTEOPOROSIS



## Root Cause

- Not just calcium deficiency
- Inflammation, oxidative stress, hormone imbalance, and gut health play a role
- Consider secondary causes (thyroid, adrenal, GI malabsorption)

## Nutrition Foundations

- Protein intake: essential for bone matrix
- Calcium, magnesium, vitamin D, vitamin K2 balance
- Anti-inflammatory diet: reduce processed foods, focus on plants + healthy fats

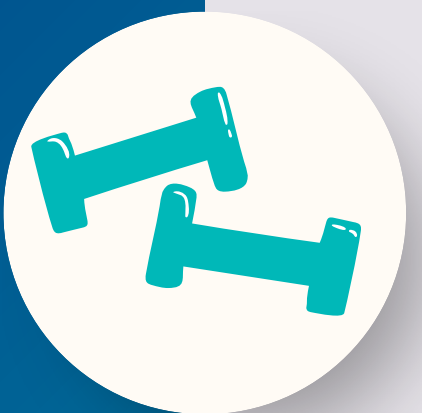


## Gut & Absorption

- Leaky gut or malabsorption reduces nutrient uptake
- Celiac, gluten sensitivity, microbiome imbalances → bone risk
- Support: digestive enzymes, probiotics, fiber diversity

## Hormonal Health

- Estrogen & testosterone protect bone
- Cortisol excess accelerates bone breakdown
- Thyroid dysfunction (esp. hyperthyroid or overtreated hypo) impacts bone

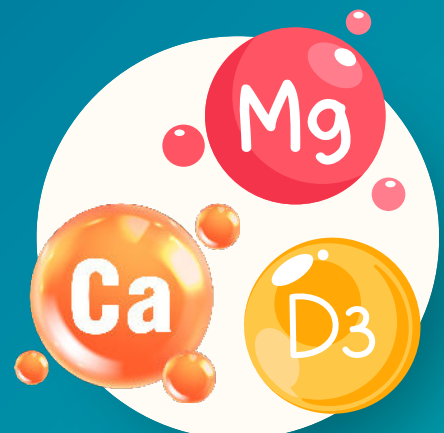


## Lifestyle & Movement

- Weight-bearing + resistance training = strongest stimulus for bone density
- Balance & coordination exercises reduce fall risk
- Over-exercising and chronic stress can worsen bone loss

## Key Nutrients & Cofactors

- Calcium with cofactors: Mg, K2, D3
- Zinc, boron, silica, vitamin C → collagen and bone strength
- Avoid “isolated calcium only” approaches



## Environmental & Mind-Body

- Reduce toxins: smoking, alcohol, excess caffeine, endocrine disruptors
- Stress management: cortisol regulation matters for bone
- Sleep quality: bone turnover follows circadian rhythm