

### CLINIC TIMES

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**GRANGE** TUESDAYS & FRIDAY AM  
**BARROW** WEDNESDAYS (& MONDAY PM)  
**LIVERPOOL** THURSDAYS

**Valerie Makinson** Bsc(Hons.) Ost. Med.ND  
**LIVERPOOL** MONDAYS  
**BARROW** WEDNESDAY PM ( & FRIDAY AM)  
**GRANGE** THURSDAYS & FRIDAY PM



*Other times can be arranged as can home visits*

**Jolyon D. Wardle** DO. N.D., M.R.N.

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**Registered Osteopaths & Naturopaths**

### **OSTEOPOROSIS ADVICE**

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Crosby, Liverpool  
Merseyside,  
L23 5RQ  
0151-924-7238**



**1, Hartington Street  
Barrow-in-Furness  
Cumbria LA4 5SL**

**01229-812002**

**Parish Hall Annexe,  
Kentsbank Road  
Grange-over-Sands  
Cumbria**

**015395-58647**

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## Dietary Advice.

### **Increase:**

**Calcium.** Dark green leafy vegetables, wholemeal bread, nuts, molasses, oats, tinned fish, tahini, dried figs, wheat germ, most seeds (esp sesame) and nuts all contain calcium which is easier to absorb than the calcium found in dairy products. A tablespoon of lemon juice or apple cider vinegar diluted in a glass of warm water with meals help absorption of calcium.

**Vitamin D.** In wheatgerm, margarine, most breakfast cereals, oily fish (kippers, sardines, herring), and linseed, sunflower and evening primrose oils as well as natural sunlight.

**Boron and Magnesium.** These help the body absorb calcium and in millet, yoghurt, most fruit and vegetables and nuts (esp brazil).

**Phyto-oestrogens.** These are foods which contain natural oestrogen and so help your body replace the naturally decreasing levels. Insoya (tofu textured, vegetable protein, most seeds (esp linseed, pumpkin, sesame and sunflower), alfalfa sprouts, yams, oats and most nuts (almonds, cashews, walnut) and their oil. Herb containing phyto-oestrogens include nutmeg, parsley, rosemary, sage, chervil and should be used in abundance when cooking!

### **Decrease**

**Processed and heavily refined foods** as many vital nutrients are lost in processing.

**High protein animal products, tea, coffee and fizzy drinks** as these all contain high levels of phosphate which uses lots of calcium for its absorption.

**Bran, rhubarb, spinach and chocolate** all contain substances that inhibit calcium absorption and therefore should be eaten separately from the high calcium containing foods.

## General Advice

Load bearing **exercise** eg walking is good for improving bone density but also helps keep joints and muscles mobile as well as helping the circulation of hormones and nutrients around the body. It does not need to be strenuous - it is the duration rather than the intensity that is important.

Think about your **posture!** Try to avoid standing hunched forwards or sitting slumped in a chair as this encourages a bent spine.

When **lifting** make sure you bend your knees not your back and that the object you are lifting is close to you.

The **National Osteoporosis Society** produces many fact sheets and runs an informative helpline:-

The National Osteoporosis Society

PO Box 10

Radstock

Bath

BA3 3YB

Helpline: 01761 - 4722721