

Preventing Osteoporosis: Lifestyle Factors & Strategies for Stronger Bones

预防骨质疏松： 促进骨骼强健的 生活方式及策略



Introduction

Osteoporosis is a common bone disease that affects millions of people worldwide. Maintaining strong bones is crucial to prevent the onset of osteoporosis and reduce the risk of fractures. In this article, we will explore various lifestyle factors and strategies that can help promote better bone health and prevent osteoporosis.

Understanding Osteoporosis

Osteoporosis is characterized by low bone density, which weakens the bones and makes them more prone to fractures. Several risk factors contribute to the development of osteoporosis, including age, gender, family history, hormonal factors and lifestyle choices. It is essential to recognize the consequences of osteoporosis, as it significantly increases the risk of fractures and can have a profound impact on one's quality of life.

Osteoporosis is more concerning in our region, as statistics from the International Osteoporosis Foundation Asian Audit showed that one in three Singaporean women over the age of 50 years old has osteoporosis, and among females more than 60 years old, over half of the population were at immediate to high risk of developing osteoporosis. It has been estimated that the costs of managing hip fractures in Singapore will reach USD\$145 million in year 2050.

What are some of the things that you can do to prevent or reduce your risk of osteoporosis?

介绍

骨质疏松症是一种常见的骨骼疾病，影响着全球数百万人。保持强壮的骨骼对于预防骨质疏松症和减少骨折的风险至关重要。在这篇文章中，我们将探讨各种可以帮助促进更好的骨骼健康和预防骨质疏松症的生活方式和策略。

了解骨质疏松症

骨质疏松症的特征是骨密度低，这会削弱骨骼，更容易发生骨折。骨质疏松症的风险因素包括年龄、性别、家族史、荷尔蒙因素和生活方式的选择。意识到骨质疏松症的后果是非常重要的，因为它会显著增加骨折的风险，并对一个人的生活质量产生深远的影响。

骨质疏松症在我们地区更令人关注，因为国际骨质疏松基金会亚洲审计的统计数据显示，50岁以上的新加坡妇女中有三分之一患有骨质疏松症，而60岁以上的女性中，有一半以上的人口处于立即面临罹患骨质疏松症的高风险中。据估计，到2050年，新加坡治疗髋部骨折的费用将达到1.45亿美元。

您能做些什么来预防或减少患骨质疏松症的风险呢？

Lifestyle Factors for Stronger Bones

1. Balanced and Nutritious Diet

Maintaining a balanced and nutritious diet is crucial for optimal bone health. Calcium and vitamin D are two essential nutrients that play a vital role in bone strength. Including calcium-rich foods such as dairy products, leafy greens, and fortified foods in your diet can help meet the recommended daily intake. Additionally, getting enough vitamin D, either through sun exposure or dietary sources like fatty fish and fortified products, is essential for calcium absorption.

Homemade yoghurt is a great way to add calcium to your diet. It provides more calcium per serving than milk, is easy for the body to digest, and is rich in probiotics a.k.a. “friendly bacteria” that promote gut health.

You can make yoghurt easily and inexpensively at home with the **NewLife™ Yoghurt Maker, Yoghurt Starter** and **Low Fat Milk Powder!** Contact us today if you would like to find out more.

ColostrumX is another great source of dietary calcium. Studies show that it is an effective non-pharmacological option for improving bone health.

强健骨骼的生活方式因素

1. 均衡营养饮食

保持均衡营养的饮食对骨骼健康至关重要。钙和维生素D是两种对骨骼强度起重要作用的必需营养素。在饮食中加入富含钙的食物，如乳制品、绿叶蔬菜和强化食品，可以帮助达到推荐的每日摄入量。此外，获得足够的维生素D，无论是通过阳光照射，还是通过饮食来源，如脂肪鱼和强化产品，都是钙吸收的必要条件。

自制酸乳酪是在饮食中添加钙的好方法。它比牛奶提供更多的钙，更容易被身体消化，并且富含促进肠道健康的益生菌，也就是“友好细菌”。

您可以使用**新生命酸乳酪制作器、酸乳酪酵母和低脂牛奶粉**，在家里制作酸乳酪，既轻松，又经济实惠！如果您想了解更多信息，请立即联系我们。

新生命初乳奶粉也是一个很好的膳食钙的来源。研究表明，它是改善骨骼健康的有效的非药物选择。



2. Regular Exercise and Physical Activity

Engaging in regular weight-bearing exercises is beneficial for bone health. Activities like walking, jogging, dancing and playing sports put stress on the bones, stimulating bone remodelling and strengthening. Strength training exercises, such as weight lifting or resistance training, also promote bone density and muscle strength. It is important to customize exercise routines based on age, fitness level, and individual needs to ensure maximum benefits.

Rebounding is one of the best and most effective ways to exercise and build bone and joint strength at the same time! Turn to **page 14** for more information on how rebounding can benefit your bone health.

2. 有规律的运动和体育活动

经常做负重运动对骨骼健康有益。像散步、慢跑、跳舞和运动这样的活动会对骨骼施加压力，刺激骨骼重塑和加强。力量训练练习，如负重训练或阻力训练，也能促进骨密度和肌肉力量。重要的是根据年龄、健康水平和个人需求定制锻炼计划，以确保最大的益处。

弹跳是最好和最有效的运动方式之一，它可以同时增强骨骼和关节的力量！请翻到**第14页**以了解更多关于弹跳如何有益于骨骼健康的信息。

3. Avoiding Harmful Habits

Certain habits can have a negative impact on bone health. Smoking, for instance, has been linked to decreased bone density and an increased risk of fractures. Limiting alcohol consumption is also important, as excessive intake can lead to bone loss. Furthermore, reducing the consumption of carbonated beverages, which can interfere with calcium absorption, is advisable for better bone health.

3. 避免不良习惯

某些习惯会对骨骼健康产生负面影响。例如，吸烟与骨密度降低和骨折风险增加有关。限制饮酒也很重要，因为过量饮酒会导致骨质流失。此外，获得足够的维生素D也是钙吸收的必要条件。您可以通过晒太阳或食用富含脂肪的鱼类和维生素D强化食品等食物来获得维生素D。

Strategies for Preventing Osteoporosis

1. Lifestyle Modifications

Implementing lifestyle modifications is crucial in preventing osteoporosis. Adapting dietary changes to include more calcium and vitamin D-rich foods, engaging in regular exercise routines tailored to bone health, and practising stress management techniques can all contribute to stronger bones and overall well-being.

2. Creating a Supportive Environment

Creating a supportive environment is key to preventing osteoporosis within families and communities. Educating family and friends about osteoporosis prevention and encouraging healthy lifestyle habits can have a positive impact. Seeking professional support from healthcare providers, including bone health specialists, can provide valuable guidance and resources.

3. Daily Supplementation & Bone-Building Food

At NewLife™, we offer daily supplements that can help those with or who are at risk of developing osteoporosis:

Calcium Complex with Boron

Research has shown that higher calcium intake of up to 800mg/day in postmenopausal women could significantly reduce bone loss. Boron supplementation for healthy bones and joints is supported by clinical evidence that people with arthritis had lower concentration of boron in femur heads, bones, and synovial fluid. Boron supplementation has resulted in stronger and harder bones in tested individuals.

NewLife™'s Calcium Complex with Boron is an excellent daily supplement for strengthening your bones and joints. It contains a blend of calcium and boron along with vitamin A, vitamin C, vitamin D, vitamin B12, magnesium, phosphorus, zinc, and vitamin B6. These ingredients work synergistically together to enhance bone strength and provide the maximum absorption of calcium for the bones. Calcium Complex with Boron is one of the most highly effective osteo-protective combinations available.

Supplies 10 essential nutrients for maximum bone strength building

提供10种必需的营养物质，以最大限度地增强骨骼强度

Contains chelated forms of minerals, which not only enhance absorption, but also act as chelating agents to remove unwanted toxic metals from the body

含有螯合形式的矿物质，不仅可以促进吸收，还可以作为螯合剂清除体内不需要的有毒金属

Comes in the form of soft gels that are easier to swallow while enhancing absorption

以软凝胶的形式出现，更容易吞咽，同时增强吸收

预防骨质疏松症的策略

1. 改变生活方式

调整生活方式对预防骨质疏松至关重要。改变饮食习惯，多吃富含钙和维生素D的食物，定期进行适合骨骼健康的锻炼，练习压力管理技巧，这些都助于强健骨骼和整体健康。

2. 建立一个支持性的环境

创造一个支持性的环境是预防家庭和社区骨质疏松症的关键。教育家人和朋友关于骨质疏松症的预防和鼓励健康的生活习惯可以产生积极的影响。向医疗保健提供者寻求专业支持，包括骨骼健康专家，可以提供宝贵的指导和资源。

3. 每日补充及补钙食物

在新生命，我们提供日常补充剂，可以帮助那些患有骨质疏松症或有骨质疏松症风险的人士：

钙合成剂加硼

研究表明，绝经后妇女每天摄入高达800毫克的钙可以显著减少骨质流失。临床证据表明，关节炎患者的股骨头、骨骼和滑液中的硼浓度较低，这支持了补充硼对骨骼和关节健康的作用。在被测试的个体中，补充硼使接受测试的人的骨骼更强壮、更坚硬。

新生命钙合成剂加硼是一种很好的日常补充，可以加强骨骼和关节。它含有钙和硼以及维生素A、维生素C、维生素D、维生素B12、镁、磷、锌和维生素B6的混合物。这些成分协同作用，增强骨骼强度，为骨骼提供最大限度的钙吸收。新生命钙合成剂加硼是最有效的保护骨骼组合之一。



Extra Virgin Coconut Oil

Recent studies have shown that extra virgin coconut oil has the potential to improve bone health by enhancing bone microarchitecture and preventing bone loss. Studies have revealed that the unique composition of coconut oil, including medium-chain fatty acids (MCFAs) and phenolic compounds, contributes to its positive effects on bones.

Coconut oil also protects against bone loss induced by oxidative stress or inflammation. These findings suggest that incorporating extra virgin coconut oil into your diet could be a natural way to maintain strong and healthy bones, particularly for those at risk of osteoporosis or experiencing postmenopausal bone loss.

Collasta

Collagen is a valuable asset in preventing osteoporosis. As the body's most abundant protein, it provides structural support to bones and other connective tissues. Research has proven that collagen supplements are effective for preventing bone loss and reducing joint pain. In some studies, women who took a collagen supplement daily showed an increase in bone mineral density after 12 months! Collagen also aids in the synthesis of crucial components for strong bones, like calcium and proteins.

NewLife™'s Collasta contains easily-digestible hydrolysed marine collagen together with a super antioxidant blend that includes Astaxanthin.

Kelp

Kelp is another important daily supplement that supports bone health as it is rich in minerals such as calcium, zinc, boron, copper, and manganese. A study in Taiwan found that women who eat seaweed two or more times per week significantly lowered their risk of osteoporosis. Seaweeds like kelp and wakame are particularly high in calcium.



Conclusion

Preventing osteoporosis requires proactive efforts in maintaining strong bones throughout life. By focusing on lifestyle factors such as a balanced diet, regular exercise, avoiding harmful habits, and implementing strategies for risk management, we can reduce the risk of osteoporosis and enhance bone health. Let's prioritize our bone health and take the necessary steps to build a strong foundation for a healthy future.

特级初榨椰子油

最近的研究表明，特级初榨椰子油有可能通过增强骨骼微结构和防止骨质流失来改善骨骼健康。研究表明，椰子油的独特成分，包括中链脂肪酸和酚类化合物，对骨骼有着积极的作用。

椰子油还可以防止氧化应激或炎症引起的骨质流失。这些发现表明，在您的饮食中加入特级初榨椰子油可能是一种保持健康和强健骨骼的自然方式，特别是对于那些有骨质疏松症风险或经历绝经后骨质流失的人。

康丽达胶原红藻

胶原蛋白是预防骨质疏松症的一种重要物质。作为人体最丰富的蛋白质，它为骨骼和其他结缔组织提供结构支持。研究证明，胶原蛋白补充剂对防止骨质流失和减轻关节疼痛有效。在一些研究中，每天服用胶原蛋白补充剂的女性在12个月后骨骼矿物质密度有所增加！胶原蛋白还有助于合成增强骨骼的关键成分，如钙和蛋白质。

新生命康丽达胶原红藻含有易消化的水解海洋胶原蛋白，以及含有虾红素(或称虾青素)的超级抗氧化剂混合物。

海藻宝

海藻宝是一种重要的日常补充剂，因为它(海带)富含钙、锌、硼、铜和锰等矿物质。台湾的一项研究发现，每周吃两次或更多海藻的女性患骨质疏松症的风险显著降低。在海藻中，海带和裙带菜的钙含量特别高。

结论

预防骨质疏松症需要终生积极努力保持强健的骨骼。通过关注生活方式因素，如均衡饮食、定期运动、避免有害习惯和实施风险管理策略，我们可以减少患骨质疏松症的风险，增强骨骼健康。让我们优先考虑骨骼健康，并采取必要措施，为健康的未来奠定坚实的基础。