

# Paris Holistic Health



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Newsletter

## Make No Bones About It

This is an old saying that harks back to the 15<sup>th</sup> century and it denotes that there is no objection to what has been said or done. Its origins had to do with finding bones in your soup. If you found bones in your soup then you would be dissatisfied with it and complain. If you didn't find bones in your soup then you would be able to eat your soup without difficulty and thus be satisfied. So what does this have to do with health you might ask? Well today I want to discuss bone health and share with you the benefits of bone soup.



Our bones are a living tissue. They undergo a continual process of formation, taking the minerals needed from the blood, and dissolution, returning minerals back into the blood. This process is known as remodeling or bone turnover. When this process doesn't work efficiently we develop osteoporosis. This is a metabolic bone disease that has two components. The first is a reduction in bone mass. The other is architectural deterioration of the bone structure. In January 2011, research by the National Osteoporosis Foundation determined that ten million Americans had osteoporosis and of those eight million were women. They estimated that one in three women over the age of 55 will develop it. A big contributing factor for women over the age of 55 is menopause. The reduced estrogen production leads to a reduction in the absorption of calcium as well as an increase in the loss of calcium from the bones. So maintaining our bone health is very important to reduce the risk of osteoporosis and the potential for bone fractures.

So what can be done to support our bone health? We can eat a diet rich in a variety of "whole

foods” to get all the vitamins and minerals we need. The term “whole foods” means eating foods in their natural form or as close to their natural form as possible. In other words, we eat foods that haven’t been processed. Eating lots of fruits, vegetables, whole grains, nuts and seeds will help to provide the calcium, magnesium, and vitamins D and K that are essential for bone health. Consider avoiding soft drinks, fast foods and processed foods since they have a high phosphorous content that reduces the level of calcium in the blood requiring more to be drawn from the bone. Also consider limiting the consumption of caffeine and alcohol since these can hinder calcium absorption. Regular exercise both resistance and aerobic help to build strong bones. Consider including yoga in your exercise routine. It strengthens balance, improves posture, increases flexibility and best of all it is great for stress reduction which is important because stress has been shown to have an adverse effect on bone health.

My final recommendation for bone health is bone soup also known as broth or stock. The process of cooking the bones in water draws out the minerals stored in them including calcium, magnesium, and potassium. A 1994 study found that the calcium content of soup increased the longer you cooked it and so simmer your soup on low for six hours or more. Add a couple tablespoons of vinegar as one of the ingredients in your bone soup to facilitate drawing the minerals out of the bones and into your soup. Another beneficial element that is imparted into the stock is gelatin. Gelatin is nutritious and provides essential amino acids that support healthy bones, cartilage, hair and nails.

I hope that you have gained some insights on bone health. If you want to learn more about health and herbs, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule a complimentary discovery session. Get to know the herbalist and decide if holistic health is an approach that will work for you. Best of all, this first meeting is absolutely FREE!

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