

# Today's Chiropractic Weekly Handout



## The Drug-Free Way To Strong Bones

While it is certainly important to keep your bones strong and healthy, one fact can't be ignored; bones don't generally break for no reason, something has to cause your bone to break, and that something is typically a fall.

I'm not suggesting that you should ignore your bone health. What I am suggesting is that focusing on holding on to every shred of bone mass isn't the most important factor when it comes to avoiding those debilitating breaks. It's avoiding the fall to begin with that's the key - and the best way to do that is by **maintaining healthy muscles**.

A recent study out of Sweden proves just that. When researchers studied the health records of 2,205 over a period of 35 years, they found a direct relationship between the level of activity and the number of fractures (higher activity equaled fewer fractures). This was especially true of hip fractures. In fact, sedentary men were one and a half times more likely to suffer from a broken bone in general, and two and a half times more likely to suffer from a broken hip, specifically.

It makes sense: **Not only does staying active increase your skeletal strength, it also increases your muscle mass and your balance**. All of these factors add up to being more steady on your feet - and greatly reducing the chance of a break to begin with.

So get out there and get active! Go for a swim, a walk, a hike or a jog, take up an active hobby like tennis or golf, but just keep moving!!

**Miss an issue of The Weekly Handout? Visit our web site to catch up on all of the past issues!**

Dr. Charles M. Laycock

## Did You Know??

- Even though *vitamin D is one of the most powerful healing chemicals in your body*, your body makes it absolutely free. No prescription required.
- Vitamin D is normally produced by your skin in response to exposure to ultraviolet radiation from natural sunlight.
- It is *nearly impossible to get adequate amounts of vitamin D from your diet*. Sunlight exposure or a high quality vitamin D supplement are the only reliable ways to generate vitamin D in your own body.
- A person would have to drink *ten tall glasses of vitamin D fortified milk* each day just to get minimum levels of vitamin D into their diet.
- Sufficient levels of vitamin D are *crucial for calcium absorption* in your intestines. Without sufficient vitamin D, your body cannot absorb calcium, rendering calcium supplements useless.
- Chronic vitamin D deficiency cannot be reversed overnight: it takes months of vitamin D supplementation and sunlight exposure to rebuild the body's bones and nervous system.

**We have a high quality source of liquid vitamin D from Biotics NW, ask us about it!**

## Today's Chiropractic Clinic

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**Office Hours:**  
Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm  
Tues: 8:30am-12pm & 2:30pm-5pm