



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

December 2021

www.naturalhealthresearch.org

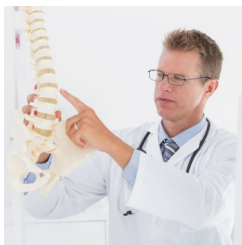
Naturally Maintain Bone Health

Bones are living tissue made up of calcium, protein, other minerals, and water. Keeping your bones strong and healthy is important as they provide structure, protect organs, anchor muscles and store important minerals. For most adults, peak bone mass occurs around age 30. That's when bones reach their maximum strength and density levels. After that, bone mass begins to slowly decline over the years. The National Institutes of Health (NIH) states that half of all Americans over age 50 have weak bones. The good news is that there are many things we can do to maintain and even improve bone strength.



Good nutrition and healthy lifestyle habits can help you build and maintain strong bones as you age. Here are a few simple tips to help keep your bones healthy.

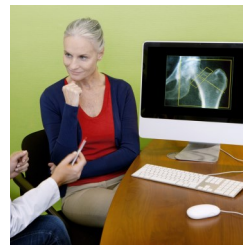
- Eat more leafy greens
- Limit caffeine intake
- Reduce sugar consumption
- Get plenty of vitamin D
- Consider supplementing with calcium and vitamin K-2
- Monitor salt
- Consume enough protein
- Do weight-bearing and strength training exercises
- Watch your weight
- Don't smoke and limit alcohol



[Vitamin D Maintains Bone Mineral Density Post Treatment with Bisphosphonates](#)



[Plasma Levels of Omega-3 Polyunsaturated Fatty Acids Are Positively Associated with Bone Mineral Density in Postmenopausal Women](#)



[Amino Acid Profile Associated with Bone Mineral Density and Fracture Risk in Older Adults](#)



[Whey Protein and High Resistance Training Improve Osteosarcopenia in Older Men](#)

Mental Wellness



For many people the end of the year can put a serious strain on their mental health. The holidays can cause stress, anxiety and depression. Your emotions can often manifest themselves physically, so it is important to be aware of how you are feeling and how your body is responding. Learning healthy ways to cope with stress and problems in life, cultivating healthy relationships and feeling good about yourself are essential for staying emotionally well. Practices such as prayer, meditation, expressing gratitude, reflecting and sharing with friends and family or seeing a therapist can help you get in touch with your emotions.

Identify what activities bring you joy and incorporate them into your life. Making small changes can rejuvenate your body, mind and spirit.

[View the Research](#)

Recent Event

The NHRI was a sponsor and exhibitor at the American Nutrition Association's annual summit, Personalized Nutrition 2021: Mapping the Future.

At the summit again this year, in addition to Science & Practice sessions, the ANA hosted the Personalized Nutrition Catalyst aimed at accelerating personalized nutrition adoption. This day of innovative sessions was designed to cross-pollinate ideas by engaging speakers and audience through dynamic panel conversations with personalized nutrition ecosystem leaders.



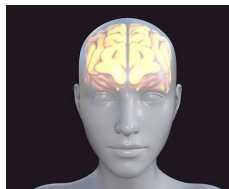
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Recent Posts



[Pecan Rich Diet Shown to Improve Cholesterol Levels in Adults](#)

Written by Jessica Patella, ND. Study results show supplementing the diet with pecans or adding pecans to the diet can help improve multiple blood cholesterol levels. [Read more »](#)



[Dietary and Supplemental Vitamin D may Support Cognitive Performance in Older Adults](#)

Written by Taylor Woosley, Staff Writer. This study suggests that higher levels of dietary vitamin D intake, serum total 25(OH)D, and 25(OH)D3 resulted in improved cognitive performance in subjects aged 60 years and older. [Read more »](#)

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