

# Bone and Gut Health

September 2023



**H**OLISTIC  
Health Care Centers, LLC  
*Synergy & Science*

## Upcoming Events!

- Thermography Screening appointments available for November 2<sup>nd</sup>. Call or text (847) 571-5455 to schedule.
- Holistic Health Care Centers is Sponsoring the Lisle Area Chamber Turkey Trot on 11/12. Visit our events page to learn more or sign up!

Visit [WWW.HHCC.CO](http://WWW.HHCC.CO) or call (847) 571-5455 to schedule your appointment or free consultation today!

## Bone Health

Bones are an important part of the human body, playing many roles, like providing structure, storing calcium, and protecting organs. We need to build strong and healthy bones at any stage, from childhood to old age.

This is because bones can become fragile and even damaged from small injuries if not taken care of. Furthermore, bones usually become weaker and less dense as we age.

### *Why Is Bone Health Important?*

Everybody needs strong bones to stand upright and keep us on our feet. We also need healthy bones to move around, protect organs, and store nutrients and minerals that help us stay alive. Humans run a risk of pain and fractures without proper bone health.

Bone health is crucial as we grow older because bone strength slowly decreases, leading to osteoporosis.

### *Signs Of Poor Bone Health*

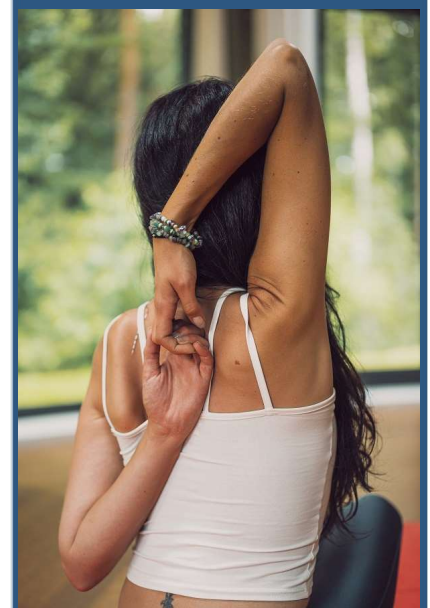
Here are some signs that indicate poor bone health:

- Stooped posture and loss of height
- Unexplained back pain
- Broken bones due to minor falls or small injuries

### *Why Does Bone Weaken?*

Several factors can cause bones to weaken, such as:

- Heredity (genetic reasons)
- Low amount of calcium in your diet
- Inactive lifestyle
- Regular tobacco and alcohol use



## Bone Health (Cont'd from previous page)

- Women are more prone to osteoporosis than men because they have less bone tissue
- A small body frame, or someone who is extremely thin
- Hormone levels in the body. Bone loss increases when there is too much thyroid hormone or when estrogen and testosterone levels are low
- Prolonged use of certain medications, including corticosteroids, aromatase inhibitors, and some anti-seizure medications
- Race – those of white or Asian descent may be at higher risk of developing osteoporosis
- Having eating disorders and other conditions can weaken the bone
- Old age

### *Tips For Healthy Bones*

There are several steps that you can follow to slow down bone loss. Some of them are:

- Take a diet high in vegetables
- Try to engage in specific types of exercise like weight-bearing or high-impact exercises
- Include protein in your diet
- Ensure you consume a diet rich in calcium and vitamins D and K2 regularly
- Ensure you maintain a stable weight to preserve bone density
- Reduce or stop smoking and drinking ♦



## Probiotics

There are both good and bad bacteria present in our body. When there are more bad bacteria than good ones in our body, it knocks our system out of balance. The presence of good bacteria helps to remove the bad bacteria to bring balance. Probiotics refer to these good bacteria living naturally in our body.

## Probiotics

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### *Types Of Beneficial Bacteria in Probiotics*

Several beneficial bacteria are classified as probiotics and have different benefits for our body. Some of the common bacteria classified as probiotics are:

- Lactobacillus, a common probiotic in yogurt and other fermented foods. They can help people suffering from diarrhea and help people who cannot digest lactose.
- Bifidobacterium are found in dairy products and can be used to ease signs of irritable bowel syndrome and other health conditions.
- Saccharomyces boulardii is a yeast that can help to fight diarrhea and other digestive problems.

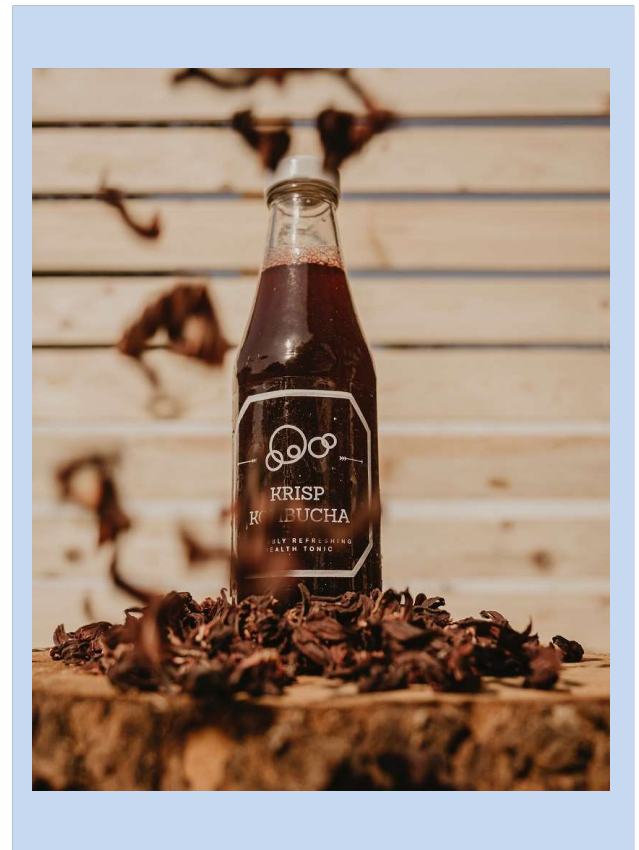
### *Benefits of Probiotics*

Probiotics have varying effects on the body as they act differently. Here are some of their benefits:

- They may help boost the body's immunity
- They can help the body maintain a healthy community of microorganisms and filter out toxins, chemicals, harmful bacteria, and waste products
- They promote heart health
- They improve digestive health
- They can help reduce depression
- Some studies claim that probiotics can support the health of the reproductive tract, skin, oral cavity, and lungs
- They can also help to manage obesity and diabetes

### *How To Increase Probiotics in My Body?*

You can increase the number of beneficial bacteria in your body through food,



supplements, and drinks. Consuming more fermented foods and drinks like yogurt, pickles, and kombucha could help increase probiotics in your body.

However, you should consult with your healthcare provider if you want to take supplements or significantly change your diet. Generally, probiotic supplements are classified as food instead of medicine and may be subject to less stringent standards.

If you are considering taking probiotics to boost your immune system or gut health, be sure to visit us soon for a customized nutrition plan! ♦