



MUSCLE, BONE & JOINT HEALTH, GENERAL WELLNESS, MEN'S HEALTH, WOMEN'S HEALTH

Natural Ways to Increase Bone Density

Has your healthcare practitioner ordered a bone density test for you? As we grow older, bone loss becomes a risk, so a bone density test is standard for menopausal women as well as men after a certain age. You may be curious what's at risk and what you can do to avoid damaging bone loss before it's too late.

What is bone?

We may think of bone as a hard substance, but it's actually an organ made of tissue that constantly sheds and replaces itself. Consisting mostly of collagen and calcium, bone is both strong and flexible to support the daily stressors we place upon it.¹

As we mature to adulthood, we grow bones faster than we remove old bone cells throughout our teens. Bone formation outpaces bone removal until approximately our mid-thirties, at which point bone loss begins to surpass its formation.¹

Who's at risk?

Estrogen helps to protect bones, giving women a natural edge until menopause. But due to decreased estrogen production during menopause, women are more likely to begin having issues with bone loss during that stage. But age is also a factor: Men lose bone tissue at the same rate as women by age 65.¹

Getting ahead of bone loss

Taking steps to ensure your bones can support you as you age is a proactive way to preserve your bone health. One of the simplest measures you can take is to monitor your diet to see if you're getting enough of the vitamins and minerals that best support bone health and supplement if needed.

Calcium

Calcium is the most prominent element of our bones, making up our bone strength and structure. We need to take it in through diet or supplementation lifelong for growth and bone development.³

In addition, calcium is vital to bone mass maintenance during [menopause](#). Between increased bone turnover and decreased creation of new bone material, bone mass loss increases at this time.⁴

Collagen

Considering a collagen supplement after menopause? It might be a good idea: Supplementation with specific collagen peptides has been shown to increase bone mass density as well as provide an increase in bone formation while reducing bone degradation in postmenopausal women.⁵

Vitamin D

Ladies, it's never too early to start that vitamin D supplementation! It's been shown that vitamin D can help prevent bone mass loss during perimenopause and menopause.⁴ Vitamin D is also an important nutritional factor in supporting mineralization and healthy structure of bones.⁶

Vitamin K

Vitamin K is important for childhood bone development.⁷ It has also been shown to contribute to bone health in menopausal women.⁸

Magnesium

Magnesium is involved in over 300 chemical reactions throughout the body, and helping to maintain bone health is no exception.⁹ Yet around 48% of the US population does not meet the recommended intake levels of this important mineral.¹⁰ Numerous studies have been done on the relationship between magnesium and bone health that show increased bone density and lower bone fracture risk associated with higher magnesium levels.^{11,12}

Additional vitamins and minerals

While the list above comprises the most essential nutrients for bone health, numerous additional elements can aid in bone health. Vitamin A is an excellent example, influencing cells that build as well as break down bone. But watch your intake: An excess of vitamin A (daily dosage exceeding 10,000 IU) has been linked to bone loss.¹³

Other vitamins and minerals that have been shown to be beneficial to bone health include vitamin B₁₂, vitamin C, and zinc.¹³⁻¹⁵

Start making some simple lifestyle changes

In addition to making supplements a part of your daily regimen, there are several lifestyle adjustments you can make to ensure your bones stay healthy as you age.

Strength training

We've all heard how good cardio workouts are for heart health, but when it comes to giving your bones what they need, strength training is key. This kind of workout involves adding weights, using your own body weight, or relying on [resistance training](#). Strength training has been shown to improve bone makeup and decrease bone loss, especially in pre- and postmenopausal women.¹⁶⁻¹⁹

Put out the cigarettes

We all know smoking is bad for you, but did you know it can even affect your bones? In addition to causing heart and lung damage, smoking is also considered a risk factor for osteoporosis.²⁰

Switch to nonalcoholic drinks

There's nothing wrong with having a glass of wine now and then, but [excessive drinking](#) can lead to a wide variety of problems, including bone health. Alcohol can disturb the body's calcium and vitamin D balance and production, and it can affect hormone balance.²¹

Your healthcare practitioner will likely schedule a bone density test as you reach a certain age or as you enter menopause. However, if you have a history of bone density loss in your family or if you're concerned about new symptoms, talk to your practitioner now.

For more information on [muscle, bone, and joint health](#) or other [general wellness](#) topics, visit the [Metagenics blog](#).

References:

- National Institutes of Health. <https://www.bones.nih.gov/health-info/bone/bone-health/what-is-bone>. Accessed August 29, 2023.
- Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/osteoporosis/symptoms-causes/syc-20351968>. Accessed August 29, 2023.
- Vannucci L et al. *Nutrients*. 2018;10(12):1930.
- Lerchbaum E. *The European Menopause Journal (Maturitas)*. 2014;79(1):3-7.
- Konig D et al. *Nutrients*. 2018;10(1):97.
- Braam L et al. *Calcif Tissue Int*. 2003;73:21-26.
- van Summeren MJH et al. *Br J Nutr*. 2009;102(8):1171-1178.
- Iwamoto J. *Nutrients*. 2014;6(5):1971-1980.
- National Institutes of Health. <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>. Accessed August 15, 2023.
- USDA. Usual nutrient intake from food and beverages, by gender and age. NHANES. 2013-2016.
- Rondanelli et al. *Biometals*. 2021;34(4):715-736.
- Groenendijk et al. *Bone*. 2022;154:1162333.
- American Bone Health. <https://americanbonehealth.org/nutrition/vitamins-for-bone-health/>. Accessed August 15, 2023.
- Amin N et al. *Journal of Trace Elements in Medicine and Biology*. 2020;57:126417.
- O'Connor JP et al. *Materials (Basel)*. 2020;13(10):2211.
- Westcott WL. *Curr Sports Med Rep*. 2012;11.
- Mosti MP et al. *J Strength Cond Res*. 2013;27(10):2879-2886.
- Bahtia et al. *J Biomech Eng*. 2015;137(1):0110011-0110015.
- Klentrou et al. *J Aging Phys Act*. 2007;15(3):287-299.
- National Institutes of Health. <https://www.bones.nih.gov/health-info/bone/osteoporosis/conditions-behaviors/bone-smoking>. Accessed January 26, 2023.
- National Institutes of Health. <https://www.bones.nih.gov/health-info/bone/osteoporosis/conditions-behaviors/alcoholism>. Accessed January 26, 2023.

Leave a reply

This entry was posted in [Muscle, Bone & Joint Health](#), [General Wellness](#), [Men's Health](#), [Women's Health](#) and tagged [bone](#), [bone density](#), [bone health](#), [Women's Health](#) on [September 20, 2023](#) by [Metagenics](#). [Edit](#)

[← Practitioner-Patient Communication on Menopause](#)

Leave a Reply

Logged in as [Debra Gilson](#). [Log out?](#) Required fields are marked *

Comment *

Text input field for comment

Notify me of follow-up comments by email.

Notify me of new posts by email.

Post Comment

This site uses Akismet to reduce spam. [Learn how your comment data is processed.](#)

Join Our Community



Search bar

CATEGORIES

- Blood Sugar Balance
- Body Composition
- Cardiometabolic Health
- Children's Health
- Gastrointestinal Health
- General Wellness
- Hemp
- Immune Health
- Ketogenic
- Medical Foods
- Men's Health
- Metabolic Detoxification
- Muscle, Bone & Joint Health
- Neurological Health
- Science
- Sports Nutrition
- Stress Management
- Women's Health

RECENT POSTS

- Practitioner-Patient Communication on Menopause
- Menopausal Symptoms
- Hot Flashes: Why They Happen and How to Stop Them
- Foods to Balance Her Hormones
- Supplements for Every Stage of Her Life

ARCHIVES

- June 2023
- May 2023
- March 2023
- December 2022
- August 2022
- June 2022
- May 2022
- April 2022
- March 2022
- February 2022
- January 2022
- December 2021
- November 2021
- October 2021
- September 2021
- August 2021
- July 2021
- June 2021
- May 2021
- April 2021
- March 2021
- February 2021
- January 2021
- December 2020
- November 2020
- October 2020
- September 2020
- August 2020
- May 2020
- April 2020
- February 2020
- January 2020
- December 2019
- November 2019
- October 2019
- September 2019
- August 2019
- July 2019
- June 2019
- May 2019
- April 2019
- March 2019
- February 2019
- January 2019
- December 2018
- November 2018
- October 2018
- September 2018
- August 2018
- July 2018
- June 2018
- May 2018
- April 2018
- March 2018
- February 2018
- January 2018
- December 2017
- November 2017
- October 2017
- August 2017
- July 2017
- June 2017