

# SUPPORT FOR BONE DENSITY

## HT WELLNESS EDUCATIONAL SERIES

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Bone is a dynamic, metabolically active tissue that constantly remodels and adapts throughout life.

### **Supportive Lifestyle Practices**

**Weight-Bearing Exercise:** Activities such as walking, resistance training, and hiking help stimulate bone remodeling.

**Strength & Stability Training:** Muscle strength and balance reduce fall risk and support skeletal integrity.

**Smoking Cessation:** Avoiding tobacco supports long-term bone metabolism and mineral retention.

**Consistent Movement:** Regular physical activity provides the mechanical stimulation bones require.

### **Whole Food Nutritional Support**

Calcium-rich foods, Vitamin D support, Collagen & Protein, Magnesium-rich foods.

Balanced bone health requires mechanical stimulation, hormonal balance, adequate protein, and minerals.

Small, consistent lifestyle and nutritional choices create long-term impact.

### **Supplement Brands Mentioned**

#### **Standard Process**

- Ostrophin PMG
- Cal-Ma Plus

#### **MediHerb**

- Bone Complex

#### **Premier Research Labs**

- Bone Health

#### **Fullscript**

- Thorne Basic Bone Nutrients

