

RISK FACTORS FOR OSTEOPOROSIS

You are at an increased risk of developing osteoporosis if you have any of the following risk factors. Notice that some risk factors are uncontrollable, such as your gender, ethnicity, and family history. Others are very much under your control, such as your intake of certain nutrients, smoking, and excessive drinking.

Women

- Blonde or redheaded with fair skin
- Caucasian and Asian
- Thin (weighing less than 125 pounds)
- Short stature and small bones
- Postmenopausal
- Never been pregnant
- History of anorexia nervosa, bulimia, or early menopause

Anyone

- Family history of osteoporosis
- Inactivity (a sedentary lifestyle)

- Smoking or excessive alcohol consumption—that means more than one drink a day for women or more than two drinks a day for men
- Excessive physical exercise
- Excessive stress or depression
- Hyperthyroidism
- Hyperparathyroidism
- High homocysteine level
- Gastric or small bowel resection
- Long-term use of corticosteroids (such as prednisone), thyroid medications, and Lupron, which is a medication for endometriosis
- Long-term use of anticoagulant medication such as heparin, which is a blood thinner
- Long-term use of anticonvulsants
- High vitamin A intake
- High animal protein intake
- High sugar intake
- High sodium intake
- Excessive intake of sodas containing phosphoric acid (most do)
- Low calcium intake
- Nutritional deficiencies

BONE DENSITY T-SCORES

T-Score	Condition
0.0 to -1.0	Normal Bone Density
-1.0 to -2.5	Osteopenia
-2.5 and lower	Osteoporosis

Nondairy Dietary Sources of Calcium ¹	
Sardines, canned in oil, with bones	3 ounces contain 324 mg of calcium
Salmon, pink, canned, solids with bone	3 ounces contain 181 mg of calcium
Spinach, cooked	½ cup contains 120 mg of calcium
Turnip greens, boiled	½ cup contains 99 mg of calcium
Kale, cooked	1 cup contains about 94 mg of calcium
Kale, raw	1 cup contains about 90 mg of calcium
Chinese cabbage, raw	1 cup contains about 74 mg of calcium
Broccoli, raw	½ cup contains 21 mg of calcium
Bread, whole-wheat	1 slice contains 20 mg of calcium
Almonds	1 ounce (about 22 nuts) contains 75 mg of calcium

Food Sources of Vitamin D

Cod liver oil	1 Tbsp contains 1,360 IU of vitamin D
Salmon, cooked	3.5 ounces contain 360 IU of vitamin D
Mackerel, cooked	3.5 ounces contain 345 IU of vitamin D
Tuna	3 ounces contain 200 IU of vitamin D
Sardines	1.75 ounces contain 250 IU of vitamin D
Vitamin D fortified milk	1 cup contains about 98 IU of vitamin D
Whole egg	1 egg contains 20 IU of vitamin D

Fruit	
Dates	Mangoes
Grapes	Pineapples
Citrus fruits	Raspberries
Apples	Blackberries
Bananas	Apricots
Cherries	Olives
Peaches	Coconuts
Pears	Figs
Plums	Raisins
Papaya	Melons
Grains	
Millet	Sprouted grains
Buckwheat	
Meat and Dairy Products	
Nonfat milk	
Nuts	
Almonds	Brazil nuts
Seeds	
All sprouted seeds	
Beans and Peas	
Limas	
Sugars	
Honey	
Vegetables	
All nonstarchy vegetables	

Nontraditional Vegetables	
Sea vegetables	Chlorophyll foods (wheatgrass, barley grass, alfalfa, spirulina, chlorella)
Herbs	



A BIBLE CURE *Prescription*

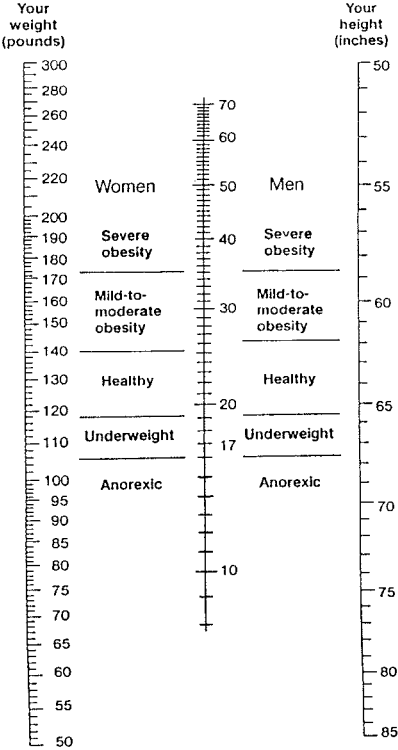
List all the foods and beverages you now consume that you need to avoid in the future.

Now list the foods that you have been overlooking that you will begin to include in your diet:

Write a prayer asking God to guide you when you shop for the foods you need to eat:

BIBLE CURE *Health Tip*

Body Mass Index Chart





A **BIBLE CURE** Prescription

List any activity factors that put you at risk for osteoporosis.

List the exercises that you will be committed to doing every day to keep your posture straight and your bones and muscles strong.

Write a prayer to God casting your cares upon Him. End it with a word of thanks.

BIBLE CURE *Health Tip*

Common Calcium Supplements²¹

Calcium Supplement	Strength of Tablet	Elemental Calcium Per Tablet
Calcium carbonate	650 mg	260 mg
	1,250 mg	500 mg
	1,500 mg	600 mg
Calcium citrate	950 mg	200 mg
Calcium gluconate	650 mg	58 mg
Calcium lactate	650 mg	84 mg
Calcium phosphate	500 mg	115 mg
	800 mg	304 mg



A **BIBLE CURE** Prescription

Check the supplements you need to start using to strengthen your bones:

- Calcium
- Magnesium
- Vitamin D
- A multivitamin, including B₆, B₁₂, folic acid, boron, and silicon
- Vitamin K₂
- Strontium
- Natural progesterone cream

Memorize this encouraging Bible Cure text:

I love you, LORD; you are my strength. The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety.

—PSALM 18:1-2



A BIBLE CURE *Prescription*

What do you need to overcome in your attitude and outlook on life?

- Bitterness
- Negative thoughts
- Anxiety
- Sadness
- Excessive worry and stress
- Speaking destructive instead of encouraging words
- Other: _____

Check the spiritual steps you have started in overcoming osteoporosis:

- I have stopped worrying.
- I am praying.
- I am learning and applying God's Word.
- I am trusting God for health and strength.

Write a prayer thanking God for all the ways He has created to help you overcome osteoporosis in your life:
