

# Bone-up on osteo nutrition

## Tips for strengthening your skeletal system

By **Steve Dorfman**

Palm Beach Post Staff Writer

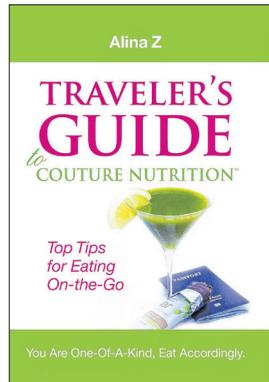
The long-standing myth is that the older we get, the creakier and more brittle our bones feel.

This need not be the case.

Oh, sure, osteoarthritis is a major concern for middle-aged and senior folks – according to the U.S. Centers for Disease Control, an estimated 53 million Americans suffer from the degenerative condition – but there are preventive steps you can take to minimize your vulnerability to the disease.

Exercise for one. Never is the phrase “use or lose it” more apropos than when referring to bone health.

This doesn't mean you have to engage in bone-jarring movements every



day. But, you do need to perform some weight-bearing training to maintain bone density.

Equally important is what you put *inside* your body.

Nationally renowned, South-Florida-based health coach and author Alina Zhukovskaya (alinaz.com) deals with this issue every day with her clients, so we asked for some of her thoughts.



South Florida health and nutrition coach Alina Zhukovskaya has just released her new pocket-sized book, ‘Traveler’s Guide to Couture Nutrition: Top Tips for Eating On-The-Go.’ It’s available at [alinaz.com](http://alinaz.com) or by calling (561) 318-3522.

## BONE-ENHANCING FOODS

Zhukovskaya – known to all as “Alina Z.” – makes strong bone density a priority for both herself and her extensive clientele. “There are two main parts to keeping strong bones,” she explains. “One: eating foods that are rich in bio-available calcium; and two: not letting your body deplete its own supply of calcium.”

According to Zhukovskaya, the following foods are some of the best you can consume in order to help your body reach its ideal pH/alkaline balance and maintain its own calcium-rich minerals:

### Almond Milk

“One cup of almond milk can have up to 45 percent of your daily calcium requirement,” Zhukovskaya



says. She enjoys Califia Farms Vanilla milk and says, “Try it – and you may never go back to dairy.”

### Kale

One cup of this sprouty superfood has 100 milligrams of calcium. You can use kale as a salad foundation, side dish, in smoothies – and even cook it into crunchy chips.

### Lemons

While lemons and limes have very little calcium, they're excellent for balancing the pH/alkaline ratio in your body. Zhukovskaya suggests drinking water with half a lemon once or twice daily.



### Sesame Seeds

Delicious and calcium rich, Zhukovskaya notes that “a quarter cup of sesame seeds has 350 milligrams of calcium, and are delicious when sprinkled atop soups or salads.”

### Celery

Crunchy, convenient and inexpensive, two cups of raw

celery have 80 milligrams of calcium. They work equally as well as juice. “Combine them with green apples, kale, cucumbers and lemon for a calcium-rich, alkalizing and energizing drink,” Zhukovskaya suggests.

