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have Beat Osteoporosis - How To Make Your Bones Stronger And Keep Them That Way (Senior Health Series Book 5) By Penny Clarke DjVu, PDF, ePub, txt, . Exercising-- putting the weight of your body or an outside weight on the bone -- makes it lay down more bone material to strengthen it. "Use it or lose it!" "Use it or lose it!" quips Colbin. "Calcium is the cement that keeps bones strong," says Mone Zaidi, MD, PhD, director of the Bone Program at Mount Sinai Medical Center in New York City. But it's not all you need for a strong skeleton. Vitamin D helps your body absorb calcium so it can do its job building strong bones. In , the Institute of Medicine released new guidelines as to just how much calcium and vitamin D people need.

Summary: Calcium is the main mineral found in bones and must be consumed every day to protect bone health. Spreading your calcium intake throughout the day will optimize absorption.

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