

Bone Health & Nutrition

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- November 16, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 36

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Collagen, Calcium, Phosphorus, and Vitamin D are each crucial for bone health as we age. Collagen is the most abundant protein in our body that forms the scaffolding that gives our body its structure and strength. Calcium homeostasis is an even distribution of Calcium in the bones and is crucial for skeletal health. This process is aided by Phosphorus and Vitamin D that ensures the absorption of Calcium in our body.

Vitamin C, amino acids, zinc and Copper are required for pro-collagen, the precursor to the protein collagen.

Listen on for a bone friendly menu instead of mere supplements.

A word of caution: Excess Vitamin A is not necessarily a friend and has been known to make bones fragile. So avoid excess orange and yellow vegetables.