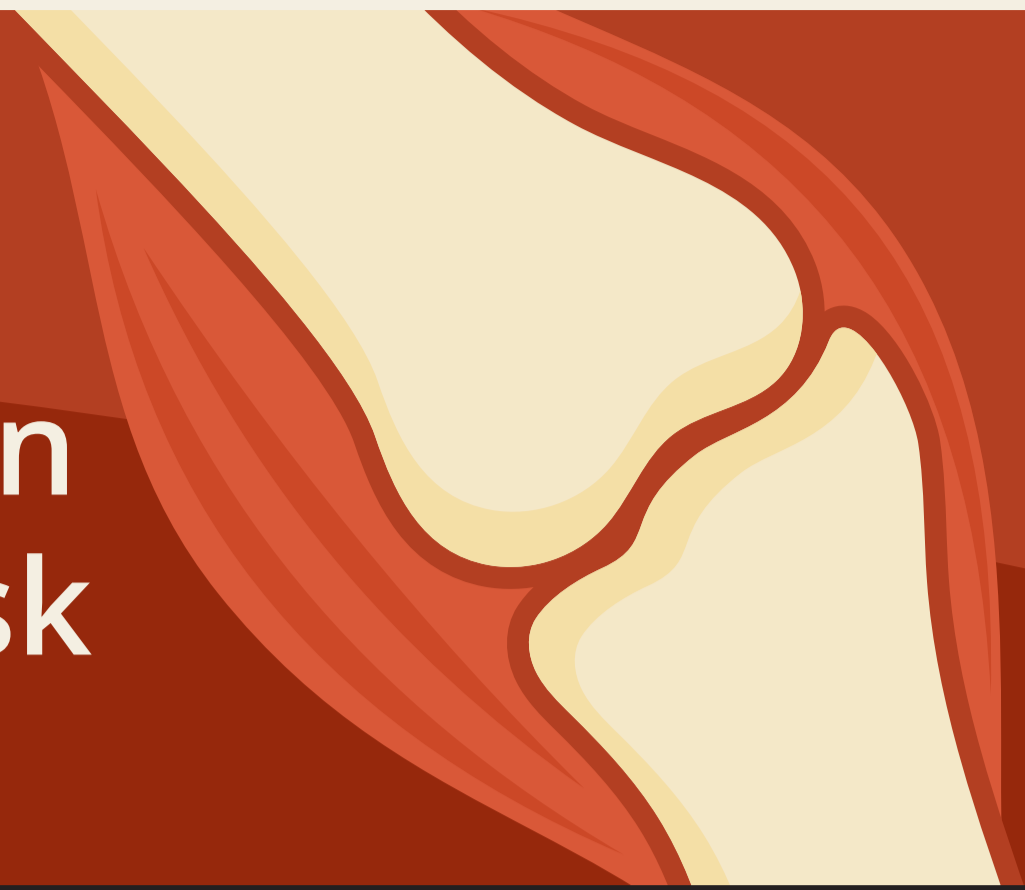


TOP NUTRITION TIPS FOR HEALTHY BONES, JOINTS AND SOFT TISSUE

According to the World Health Organisation, up to 1 in 3 people live with a painful musculoskeletal condition, low back pain being the single leading cause of disability worldwide. People at all stages of life suffer from these conditions, the most common being osteoarthritis, back and neck pain, bone fragility, and rheumatoid arthritis. Risk factors include inadequate physical activity, obesity, smoking and poor nutrition.



SOME KEY NUTRIENTS

CALCIUM: BONE STRENGTH

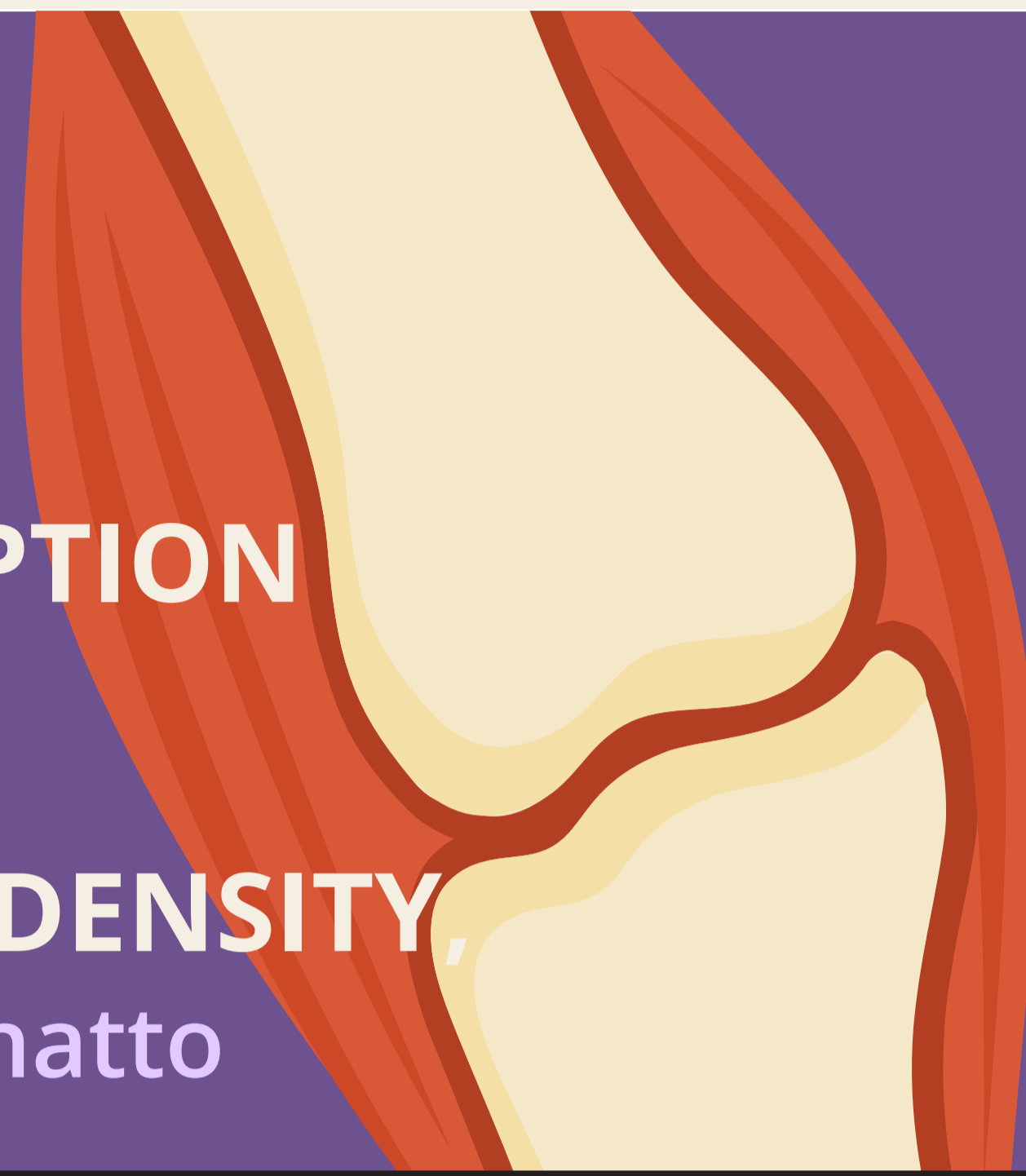
Cheese, yogurt, milk, tofu, bokchoy, kale and broccoli

VITAMIN D: CALCIUM ABSORPTION

- Get it checked by your GP!

VITAMIN K2: BONE MINERAL DENSITY

use alongside VitD - dairy, meat, natto



PROTEIN: MUSCLE STRENGTH

Meat, fish, egg, beans, tofu

VITAMIN C: CONNECTIVE TISSUES AND COLLAGEN HEALTH

Fruit and vegetables

MAGNESIUM: BONE HEALTH AND MUSCLE RELAXING

Dark leafy greens, beans, seeds, nuts



ANTI-INFLAMMATORY DIET

MINIMISE

- Sugar
- Processed meats
- Alcohol
- Nightshade family - tomatoes, aubergines, peppers and potatoes: Try cutting them out for 2-3 weeks to see if symptoms improve
- White carbs
- Trans-fats
- Smoking

INCLUDE

- Whole nutrient-dense diet such as the Mediterranean diet
- Foods rich in antioxidants: Colourful fruit and vegetables
- Oily fish / seaweed / spirulina: contain anti-inflammatory EPA & DHA
- Olive Oil
- Turmeric
- Ginger

ADDRESS THE STRESS: RELIEVE MUSCLE TENSION

MINDFULNESS, CBT

MASSAGE

YOGA

BREATHING TECHNIQUES

PHYSICAL ACTIVITY: MOVEMENT IS GOOD! ESPECIALLY IF YOU SPEND A LOT OF TIME DRIVING OR SITTING AT YOUR DESK

WALKING, SWIMMING:
Gentle on joints

WEIGHT BEARING EXERCISE:
Aids bone density

NO IMPACT TRAINING
such as Pilates and T'ai Chi for balance, posture and strength

Seek professional advice regarding manual handling and workstation ergonomics. Beware repetitive movement. Rest may be recommended for conditions such as RSI.



CONSULT YOUR GP IF SYMPTOMS PERSIST