

# Cancer Answers

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## Bone and Balance Building

With more birthdays, many of us struggle with bone loss and less balance. Bone loss is often exacerbated by IV and oral drugs used to treat cancer. As necessary as these drugs may be, they also add another piece in the puzzle for gaining and maintaining bone health. Good balance is an integral part in the prevention of fractures. With less falls there is less chance of breaking bones - that isn't rocket science!

So, what will build bone density and improve balance at the same time? Below are excerpts from an article titled "Unipedal Standing", from Denver Naturopathic dated April 30, 2008. I believe you will find it very interesting and helpful.

"Unipedal Standing' is the scientific term for standing on one foot. Daily minute long intervals may be a useful intervention to prevent falls and hip fractures. In the October 2006 issue of the Journal of Orthopedic Science, K. Sakamoto and colleagues reported on the effect of unipedal standing on frequency of falls and hip fractures. This has got to be the least expensive, least intrusive and lowest technological intervention I have ever read about for preventing hip fractures. The 'unipedal standing balance exercise' as the researchers called it was simple. **Stand on each leg for a minute with your eyes open three times a day. If you need to, hang onto something so you don't fall down.**

...Dated was collected for 212 control subjects that presumably rarely stood on one foot. In the six month test period the 212 control subjects recorded 121 falls and one hip fracture.

Sakamoto published again in the December 2006 issue of Clinical Calcium. In the abstract of the study listed on PubMed Sakamoto points out that unipedal standing increases the weight load on the femoral head by a factor of 2.75 over standing on two legs, something I guess would be called bipedal standing.

Bone density and bone strength is improved by mild stress to the bone. That's why we make all the fuss about weight bearing exercise. By Sakamoto's calculations, standing on one foot for a minute would have an effect on bone density equivalent to walking 53 minutes.

Repeating his exercise three times a day would have an effect equivalent to taking three almost hour long walks a day. ...Unipedal standing appears to improve balance enough that it decreases spontaneous falls by about a third.

...By producing mild strain to the bone, in theory, - it decreases the chance of fracture if the person does fall."

I recently received a diagnosis of osteopenia and I intend to do everything possible to keep it from progressing to osteoporosis. A few minutes on one foot may produce some additional bone mass...and, I for one, am ready to give it a try. An added benefit will be destressing for a few minutes...yea!

## 4th of July trivia and quiz

I know the 4th of July is past...but its always good to think about our great nation while learning and having fun. The answers are below. ENJOY!

1. How many stars were on the first United States flag?
2. How did the Liberty Bell get its crack?
3. Where was the first national capitol located?
4. What do the colors red, white and blue stand for?
5. How tall is the Statue of Liberty?
6. "Life, liberty and \_\_\_\_\_"?
7. Whose signature is the largest of the Declaration of Independence?
8. When the Liberty Bell was cast how much did it weigh?
9. What is the estimated number of 4th of July cookouts?
10. What other countries celebrate 4th of July as a holiday?

Answers

1. The first flag had 13 stars and 13 stripes
2. It acquired the crack on its very first ring.
3. Carpenters Hall in Philadelphia, PA.
4. Their meaning is unknown.
5. 151 feet.
6. ...the pursuit of happiness.
7. John Hancock's.
8. 2,080 pounds
9. 150 million
10. Denmark, Norway, Sweden and England.

## One more word on Bone Health

It is very important to keep your bones strong AND pliable. Make certain your "bone health" supplement includes: Vit C, Vit D, Vit K, Calcium, Magnesium, Zinc, Copper, Manganese, Potassium and Boron. The minerals should be in a form your body can easily assimilate. Check with a nutritionist for the best forms.