

"Can Pilates Help to Reverse Osteoporosis?" Continued

Your food is your fuel. Bones require a diet rich in alkaline based foods in order to grow. If your diet is rich in acidic foods, such as dairy (there is evidence now, to show that milk and dairy isn't as good as we thought in encouraging bone growth), coffee, alcohol, sugar, white bread and white pasta, then I would suggest switching it up to include as many fresh vegetables as possible (particularly leafy dark greens), nuts, fruits, healthy fats and oils. Stretch! You can stretch at home too.

