



Nutrition for Muscular Skeletal Health

General Dietary Recommendations: Organic, whole, seasonal, diverse, nutrient-dense, anti-inflammatory in nature

Foods to enjoy

- Vegetables*
- Fruits
- Wild-caught cold water fish (salmon, mackerel, anchovies, herring)
- Raw and/or soaked nuts & seeds
- Legumes (beans, peas, lentils)
- Non-glutinous grains (quinoa, millet, brown or wild rice, buckwheat)
- Olives and olive oil
- Mineral broths
- Flaxseeds (preferably freshly ground)

Beverages to enjoy

- Pure water
- Fresh diluted juices
- Herb teas
- Green teas
- Smoothies (whey or rice protein, fruit, flaxseed, green powder)

Supplements that may be helpful:**

- High quality multi-vitamin/mineral for foundational support
- High quality fish oil for anti-inflammatory properties (among its many other benefits!)
- Bone support nutrients: calcium, magnesium, vitamin D, vitamin K, boron, zinc, copper, manganese, potassium
- Vitamin C for anti-inflammatory properties, collagen & cartilage support

* If you have been diagnosed with arthritis, you may want to avoid the “nightshade” family of vegetables (eggplant, peppers, tomatoes, potatoes)

** Upon recommendation of a qualified healthcare practitioner