



Eternal Health

OPTIMUM NUTRITION AND INSPIRED LIVING

Bone health is particularly important for women going through menopause, as lower levels of oestrogen can lead to an increased risk of bone fracture.

The following snacks contain some of the nutrients required for healthy bone re-modelling; including (but not exclusively) calcium, vitamin K, B vitamins, Vitamin C, and phytonutrients. Vitamin D is activated by sunshine, so exposing sun screen free skin to the sun can boost your levels. Take your snack outside and enjoy!

Important note: If you have a personal or family history of oestrogen-related cancers, it is advisable to seek professional advice concerning the consumption of phytoestrogens more than 3 times a week, as there is conflicting evidence on its possible role in breast cancers. Foods that contain the highest levels of phytoestrogens include soy beans and its derivatives, and flax seeds.

Green Alfalfa Juice

This juice contains isoflavones plus a wide range of vitamins and minerals thought to be beneficial in reducing the risk of osteoporosis

Ingredients

- 1 handful of alfalfa sprouts
(Isoflavone, genistein & coumestrol, wide range of vitamins and minerals and protein)
- 1 handful spinach or watercress
(Carotenoids, vitamin C, vitamin K, Calcium, folate, B vitamins, Copper, Manganese)
- ½ cucumber
(Vitamin C, silica)
- 1 apple
(quercetin, lignans, Vitamin C, Boron)
- ¼ lemon
(Carotenoid; beta-carotene, Vitamin C)
- 1 cm fresh ginger
(Antioxidants)
- ½ to 1 tsp spirulina powder
(protein, high mineral, Ca, Vitamin K2, anti-inflammatory)

Method

Wash vegetables or peel non-organic vegetables. Juice them. Add the spirulina and stir in thoroughly.