SKELETAL NUTRITION ASSIGNMENT



 The most common need for a bone cell’s

nutrition is calcium. As many may know, calcium

is a major ingredient in many bone genetics, and

intake of calcium-rich protein such as food or

vitamins causes the calcium to enter the bones,

where it is ushered into gaps to fill where old calcium

has been picked away, a common process in

the bone and body structure.

By filling every calcium hole with fresh, new calcium, the body is able to maintain a set and sturdy structure, as opposed to minimal or no calcium intake, wherein the bones would be like a dead and dry twig, with a brittle texture caused by small gaps. In this condition, the bone would be increasingly easy to snap dependent on calcium intake still occurring.

 Now, many people know that calcium and Vitamin D are the most important parts of keeping healthy bone structure. What they may not know about are the many other reactions that cause these nutrients to get into the bones. Magnesium, for example, is an ingredient in almost 80 percent of cell enzymes (used to speed up chemical reactions). This includes the reaction of activating Vitamin D as a reactant and a digestible nutrient. The reactions used to form calcium crystals requires magnesium, as well. Even the thyroid gland’s production of bone-preserving hormones known as calcitonin.

 Everything ties together with calcium,

magnesium, calcitonin, and good old Vitamin D.

(Image courtesy of interactive-biology.com)