



Falling into Fall: Simple Ways to Build Bone Strength Naturally

1. Get Enough Vitamin D

Spend time outdoors in sunlight, and consider supplementation.

 **doTERRA Tip:** Try **MetaPWR Advantage** or **Bone Nutrient Complex** to help support vitamin D and calcium absorption.

MetaPWR Advantage is a plant-based, whole-food multivitamin designed to support cellular health, energy production, and long-term wellness — helping your body absorb and use key nutrients for strong bones.

2. Eat Calcium-Rich Foods

Include leafy greens, broccoli, almonds, chia seeds, and dairy or fortified options.

 **doTERRA Tip: VMG+: Nature's Multivitamin** to help support overall wellness, nutrient absorption, and long-term bone health.

VMG+: Nature's Multivitamin combines essential vitamins, minerals, and phytonutrients to support overall wellness, nutrient absorption, and long-term bone health.

3. Move with Strength

Weight-bearing exercises like walking, dancing, or light resistance training help maintain strong bones.

 **doTERRA Tip:** Apply **Deep Blue® Rub** before exercise to warm up muscles and support comfortable movement.

4. Stay Hydrated

Proper hydration keeps joints cushioned and supports nutrient transport.

 **doTERRA Tip:** Mix **MetaPWR Recharge Electrolyte Mix** into your water for optimal hydration. You can also add a drop of **Lemon, Lime, or Grapefruit essential oil** to enhance flavor and gain extra benefits.

MetaPWR Recharge provides a balanced mix of electrolytes and deep-ocean minerals to help maintain fluid balance, muscle function, and overall energy.

5. Support Emotional Confidence

Bone health isn't just physical—fear of falling can limit activity.

 **doTERRA Tip:** Use **Braver®** for courage or **Steady®** to feel grounded and calm

“Embrace each day with strong bones, a nourished body, and steady confidence.”

Washburn Wellness

Peggy Washburn

www.myperfectlifetoday.com