THE SCHOOL OF HEALTH

AUGUST 2026

The Skeletal System

Building Strong Bones: Your Plant-Based Power Guide

Warm, hopeful nutrition for bone strength, healthy blood, and a body that keeps rebuilding.

NOURISH TODAY, SUPPORT TOMORROW

Simple plant-based choices for a stronger skeletal system and a more resilient life.



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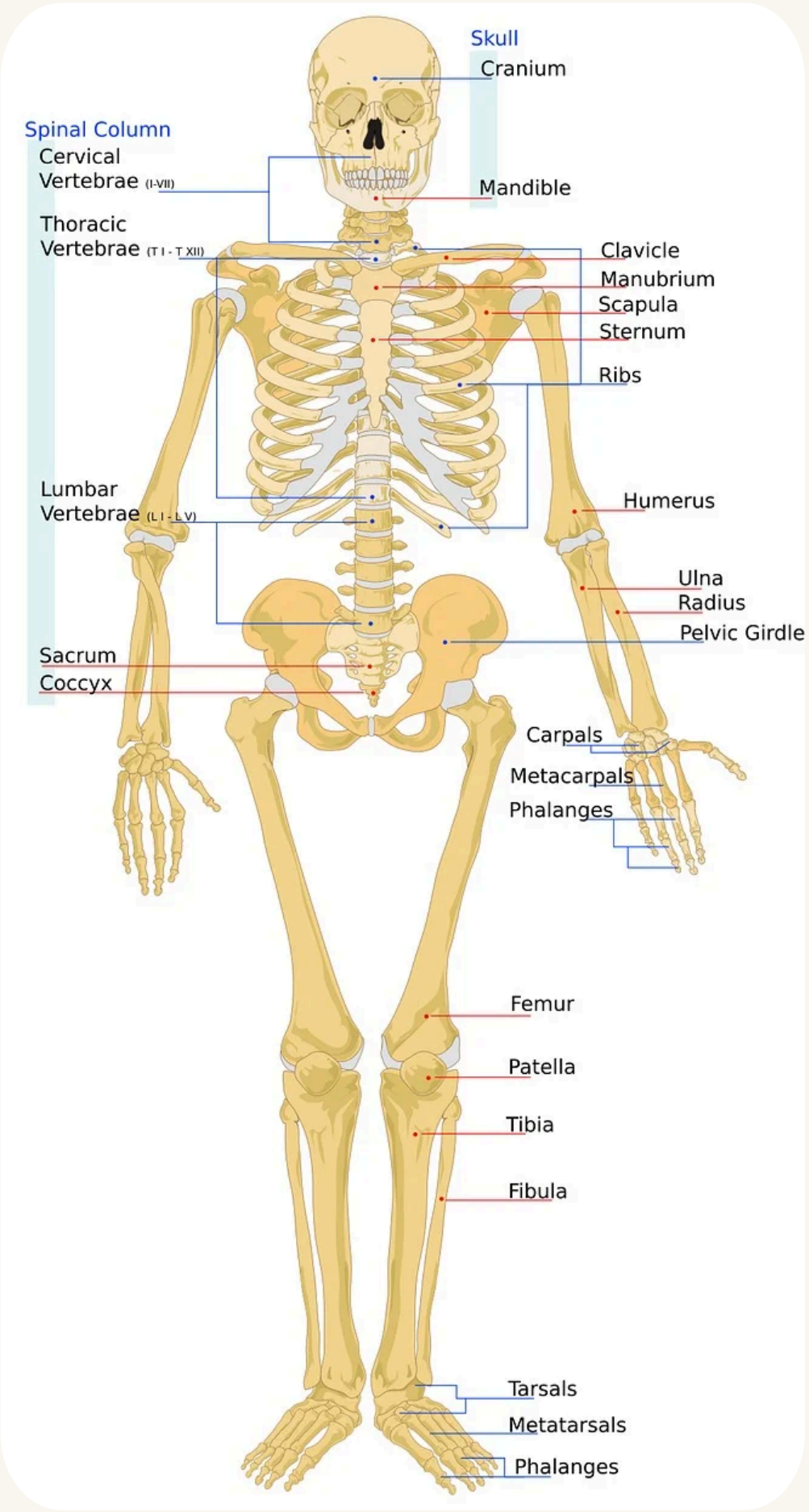
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What is the Skeletal System?

WHAT DOES IT DO?

Think of your body as a house. Inside you is a built-in frame made of 206 living bones: your skeletal system. Bones aren't just hard, dry sticks. They are active, growing tissues that constantly rebuild themselves!They do four major jobs:

- **Support**: They give your body shape so you can stand up and run around.
- **Protection**: They act like armor, protecting your brain, heart, and lungs.
- **Storage**: They store dynamic minerals your body needs.
- **Blood Making**: Deep inside your bones is a soft spot called marrow that makes new blood cells.



"And he is the head of the body, the church... that it may grow up into him in all things." Ephesians 4:16

Structure of Bones

THE LIVING FRAME

Bone is more than a hard shell. It is a living tissue built from minerals, protein, water, blood vessels, and cells that constantly renew the frame.

1. What Bones Are Made Of

- **Calcium** (**The Bricks**)**:** A super strong mineral found in foods like kale, romaine lettuce, and more. It acts like tiny stone bricks that make your bones hard enough to hold you up.
- **Collagen** (**The Bendy Glue**)**:** A flexible protein that acts like tough rubber bands woven through the calcium bricks. It keeps your bones from snapping easily when you jump or run.
- **Water:** Keeps everything healthy and hydrated inside.

2. The Layers of a Bone

- **The Skin Layer** (**Periosteum**): A thin, super-sensitive outer blanket wrapped around the bone. It holds nerves and blood vessels that bring food to the bone and tell your brain if you get hurt.
- **The Hard Shell** (**Compact Bone**): The smooth, tough part you see on skeletons. It supports your weight so you can stand up tall.
- **The Sponge Layer** (**Spongy Bone**): Inside the ends of the bone, it looks just like a kitchen sponge with lots of tiny holes. This makes your skeleton lighter so you can run fast without feeling too heavy!
- **The Blood Factory** (**Bone Marrow**): Deep in the center is a soft, jelly-like middle called marrow. Its main job is making new blood cells for your body every single day. This marrow works as a factory that constantly creates your red blood cells (which carry oxygen), white blood cells (which fight germs), and platelets (which help stop bleeding when you get a cut).



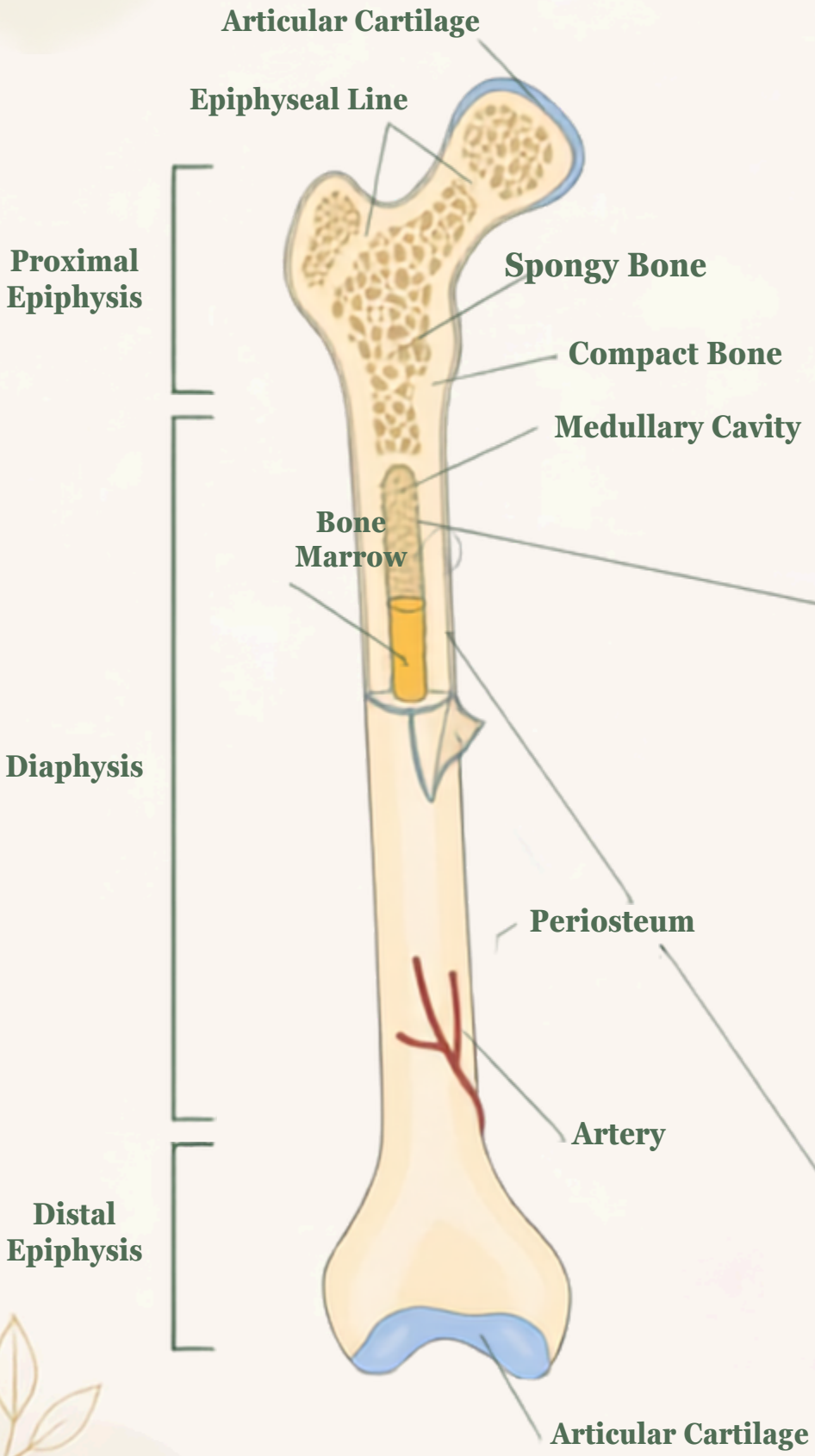
Perfect Circulation = Good Blood = Good Health

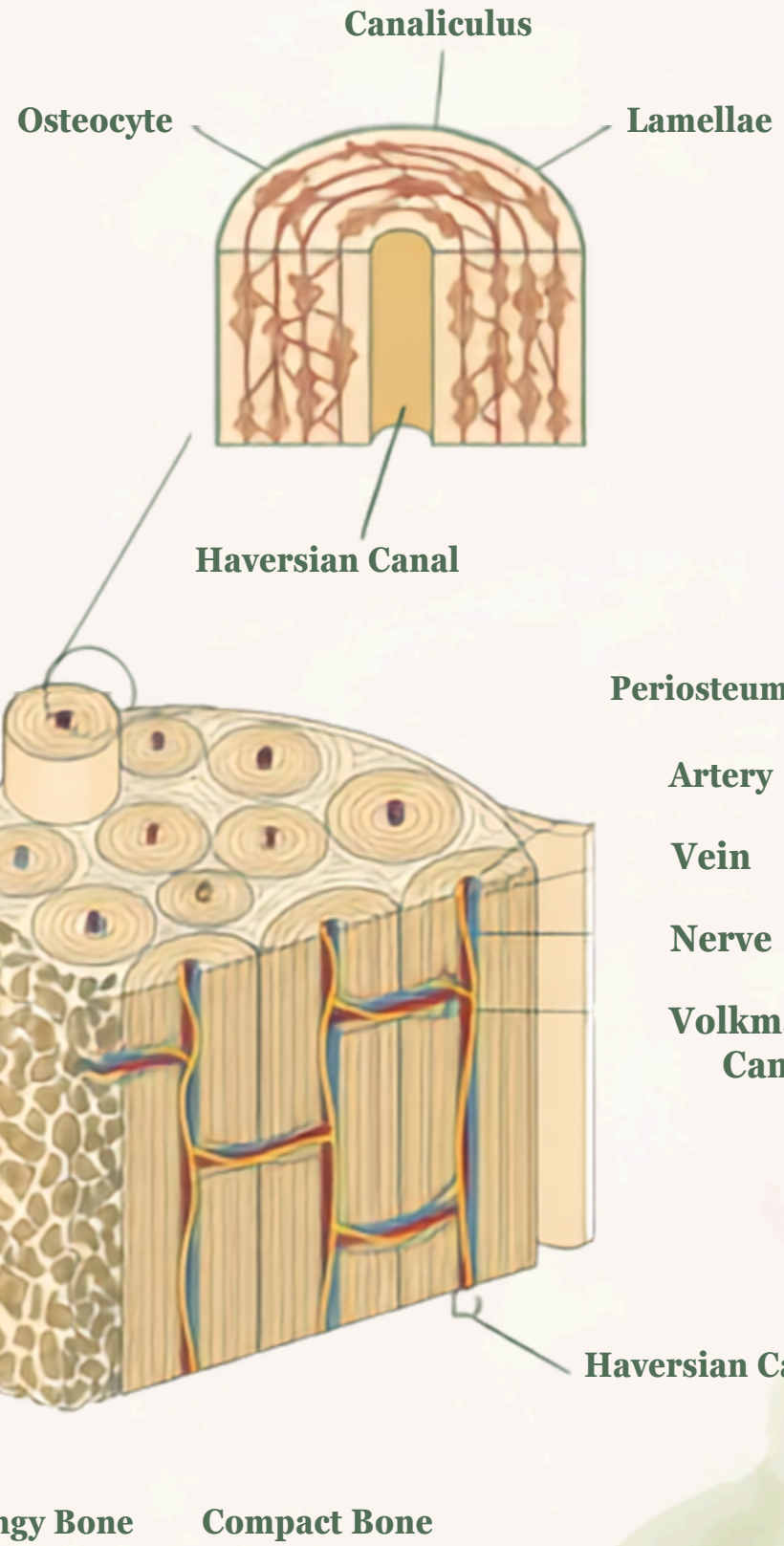
"In order to have good health, we must have good blood; for the blood is the current of life. It repairs, removes waste and nourishes the body. When supplied with the proper food elements and when cleansed and vitalized by contact with pure air, it carries life and vigor to every part of the system. The more perfect the circulation, the better will this work be accomplished." Ministry of Healing, p. 271

"For the life of the flesh is in the blood…"
Leviticus 17:11



BONE STRUCTURE





We will explore two essential nutrients (food elements)—the power duo of calcium and vitamin K—that keep your bones healthy. Strong bones help your body produce rich blood and stay healthy overall.

The Power Duo: Calcium + Vitamin K

Two are better than one...Ecclesiastes 4:9

1. Calcium (The Bricks)



Bones are made mostly of calcium. It gives them strength so they don't break easily. If you don't eat enough calcium, your body will actually steal it from your bones to use elsewhere, making them weak over time.

2. Vitamin K (The Builder)



If calcium is the brick, Vitamin K is the construction worker putting those bricks into place. It activates special proteins (like osteocalcin) in your body that lock calcium straight into your bones and keep it out of places it doesn't belong (like your blood vessels).

Plant-Based Foods for Calcium

CALCIUM, TIER BY TIER

You don't need dairy to get strong bones. Plants are packed with calcium!

- **Top Level (Fortified Plant Milks): Soy, almond, or oat milks that have added calcium are super easy for your body to absorb quickly.**
- **High Level (Greens): Foods like bok choy and kale are loaded with calcium that your body can absorb even better than the calcium in cow's milk!**
- **Mid Level (Beans and Nuts): White beans, pinto beans, and almonds give you a solid, steady supply of calcium throughout the day. Tip: Soaking or sprouting beans makes the calcium easier to absorb.**
- **Bonus Sources (Broccoli & Sweet Potatoes): Even small amounts count! Your body actually absorbs over half of the calcium found in broccoli.**



Plant-Based Foods for Vitamin K

VITAMIN, TIER BY TIER

- **Top Level (Dark Leafy Greens): Kale, spinach, and collard greens are absolute Vitamin K superstars. They help lock calcium right into your skeleton.**

- **Mid Level (Cruciferous Veggies & Healthy Oils): Broccoli, cabbage, and cooking oils like soybean oil give you an easily accessible dose of Vitamin K.**

- **Bonus Sources (Fruits like Blackberries, Kiwi, & Avocados): Avocados have healthy fats that help your body soak up Vitamin K much better.**



How to Get the Most Out of Your Food

ABSORPTION MATTERS

Just eating healthy food isn't enough—your body has to actually soak up those nutrients!

For Calcium

- **Get Some Vitamin D: Vitamin D works like a key that unlocks your stomach so calcium can get into your blood. Sunshine and fortified foods help you get Vitamin D.**

- **Watch Out for "Oxalates": Some plants, like spinach, hold onto their calcium so tightly that your body can't absorb it well. Choose greens like kale, broccoli, or bok choy for a better calcium boost.**

For Vitamin K

- **Eat Healthy Fats: Vitamin K needs fat to travel through your body. Eat your leafy greens with a little olive oil, avocado, or nuts to get the full power of Vitamin K.**



A Simple Guide to Bone-Building Plant Foods

Eating a colorful mix of plant foods gives your body plenty of calcium and vitamin K, which keeps your bones strong. To build a great daily meal plan, it helps to know which foods pack the biggest punch of these nutrients.

Here is a quick look at common serving sizes, how much calcium and vitamin K they contain, and other helpful extras (like magnesium, potassium, or manganese) that work together to protect your bones.

Standard daily reference values for adults:
* Vitamin K Adequate Intake (AI): 90–120 mcg / day
* Calcium Recommended Dietary Allowance (RDA): 1,000–1,200 mg / day

Food Item	Standard Serving Size	Calcium Level	Vitamin K Level	Primary Bone Support Role
Kale	1 cup (cooked)	180 mg (High)	530 mcg (Exceptional)	Combines calcium with vitamin K1 to help strengthen your bones.
Bok Choy	1 cup (cooked)	160 mg (High)	60 mcg (High)	A low-oxalate green with ~50–60% calcium absorption.
Collard / Mustard / Turnip Greens	1 cup (cooked)	200–268 mg (Very High)	500–850 mcg (Exceptional)	A concentrated plant source of calcium and vitamin K.
Parsley	½ cup (fresh, chopped)	40 mg (Moderate)	490 mcg (Exceptional)	Rich in vitamin K1 to help lock minerals into your bones.
Broccoli	1 cup (cooked)	60 mg (Moderate)	110 mcg (Very High)	Provides vitamin K1 and C to strengthen your bone structure.
Cabbage / Romaine / Green Leaf	1 cup (cooked)	50 mg (Moderate)	110 mcg (Very High)	Low oxalate content ensures efficient calcium absorption along with K1.
Soybeans (Edamame / Tofu)	1 cup / 3.5 oz calcium-set	100–400 mg (Very High)	30–40 mcg (Moderate)	Rich in calcium, plant protein, and bone-supporting compounds.
Chia Seeds	2 tbsp (1 oz / 28g)	179 mg (High)	Trace	Extremely dense calcium, phosphorus, and magnesium in a compact serving.
Navy Beans	1 cup (cooked)	125 mg (High)	5 mcg (Low)	Top calcium yield among classic legumes, paired with magnesium and zinc.
Dried Figs	½ cup (4–5 figs)	120 mg (High)	15 mcg (Moderate)	Rich in calcium and potassium, which prevents urinary calcium loss.
Almonds	¼ cup (1 oz / 28g)	75 mg (Moderate)	Trace	Solid calcium and high magnesium; supports parathyroid hormone regulation.
Prunes (Dried Plums)	5–6 prunes (~50g)	22 mg (Low)	30 mcg (Moderate)	Rich in K1, boron, and copper; clinically shown to slow bone mineral loss.
Blackberries	1 cup (fresh)	42 mg (Moderate)	29 mcg (Moderate)	Provides vitamin K1, manganese, and antioxidants to support bone health.
Blueberries	1 cup (fresh)	9 mg (Low)	28 mcg (Moderate)	Supports vitamin K1 and protects bone cells with antioxidants.
Black Beans / Chickpeas / Lentils	1 cup (cooked)	60 mg (Moderate)	3 mcg (Low)	Provides magnesium, phosphorus, and zinc to build and strengthen bones.
Kidney Beans	1 cup cooked	60 mg (Moderate)	8 mcg (Low)	Provides calcium, magnesium, and protein for collagen support.
Sunflower Seeds	¼ cup (shelled)	20 mg (Low)	Trace	Rich in magnesium, phosphorus, and zinc for bone mineral growth.
Pumpkin Seeds	¼ cup (shelled)	12 mg (Low)	Trace	High zinc and magnesium concentration to support bone cell remodeling.
Root Veggies (Sweet Potato / Beet)	1 cup cooked	30–40 mg (Low)	2–3 mcg (Low)	Rich in potassium and magnesium to support healthy pH and strong bones.
Squash (Butternut / Winter)	1 cup baked	84 mg (Moderate)	2 mcg (Low)	Rich in plant nutrients, potassium, and magnesium for strong bones.
Pineapple	1 cup chunks	13 mg (Low)	1 mcg (Low)	Rich in manganese and vitamin C for collagen support.
Oats	1 cup cooked	20 mg (Low)	Trace	Provides silica and magnesium for connective tissue support.
Whole Wheat Bread	2 slices	40 mg (Low)	2 mcg (Low)	Supplies trace minerals (zinc, manganese, phosphorus) along with energy.
Brown Rice / Quinoa	1 cup cooked	20 mg (Low)	Trace	Magnesium baseline; ensures proper mineral balance across cellular membranes.

How Your Body Builds Strong Bones

Bones are living tissue, not solid rocks. Your body is constantly breaking down old bone and building fresh new bone. Certain foods support this process in four steps:



1 Building the Flexible Frame:

- Foods: Beans, soybeans, pineapple, berries, seeds, broccoli
- How it works: Protein (amino acids), vitamin C, and manganese build a flexible protein framework called collagen. Think of this as constructing the wooden frame of a house.



2 Hardening the Frame:

- Foods: Kale, bok choy, chia seeds, tofu, navy beans, figs, almonds, whole grains
- How it works: Minerals like calcium, phosphorus, and magnesium attach to that frame, making it hard and strong like concrete.



3 Locking Minerals in Place:

- Foods: Kale, collard greens, parsley, cabbage, broccoli, prunes, berries
- How it works: Vitamin K1 acts like glue. It turns on a special protein (osteocalcin) that locks calcium directly into your bones—and keeps it out of your heart and blood vessels.



4 Protecting Your Bone Minerals:

- Foods: Prunes, figs, root vegetables, squash
- How it works: Potassium and boron keep your body from becoming too acidic. This stops your body from stealing calcium out of your bones and washing it away in your urine.

Note: For better digestion, avoid eating fruits and vegetables in the same meal.



Three Smart Food Pairings (Synergies)

- **Choose Low-Oxalate Greens:** Greens like kale, bok choy, and cabbage are low in oxalates (unlike spinach). This lets your stomach absorb up to 60% of their calcium.
- **Pair Calcium with Vitamin K1:** Eat calcium foods (like tofu, chia, or almonds) alongside vitamin K1 foods (like kale or broccoli) so the calcium goes straight into your bones where it belongs.
- **Eat Acid-Balancing Foods:** High-potassium foods (like prunes and squash) protect your body's mineral reserves so you don't lose precious calcium.

The 14-Day Skeletal Support Menu

WEEK 1

Bone-supportive foods are emphasized in bold or visual contrast so the pattern is easy to follow.

Day 1

Breakfast: Fresh fruits- mixed **berries, apple,** grape, banana.
Creamy **oatmeal** (made with nut milk, coconut, or soy milk) topped with ground chia seed, fresh berries and sliced almonds.

Dinner: Salad- **Lettuce**, tomato, cucumber, avocado, drizzled with Eden Way Seasoning and sesame oil.
Plant-based beef and **broccoli** (using **steak strips**- EWF) stir-fry with, **bok choy**, onions, carrots, bell peppers, and snap peas over brown rice.

Day 2

Breakfast: Fresh Fruits- peach, mango, strawberry, **figs.**
Waffles with **pineapple** sauce(EWF), served with Eden Way Sausages (EWF) and **prunes**.

Dinner: Salad- Spring Mix, **tomato, cucumber, carrot,** parsley drizzled with French dressing.
Creamy **squash** soup topped with roasted **pumpkin seeds**, served with garlic **bread** (**whole wheat**) and steamed **asparagus.**

Day 3

Breakfast: Fresh Fruits- mixed **berries**, **kiwi,** orange, banana.
Oven Roasted **Potatoes** served with **tofu** scramble and **pumpkin seeds.**

Dinner: Salad- **Lettuce**, Tomato, cucumber, **parsley,** avocado, drizzled with ranch dressing.
Jamaican **rice** & peas (**kidney beans**) served with plant-based oxtail and steamed **cabbage** (from subscription).

Day 4

Breakfast: Chia seed pudding parfait (made with soy milk or coconut milk, vanilla) layered with fresh **blueberries,** fresh strawberries, bananas, and Almond Cashew Krunch (EWF) granola.

Dinner: Salad- Massaged **Kale**, tomato, cucumber, avocado drizzled with sunflower seed dressing.
Hearty **baked beans** (navy beans) served with Mac and cheese (EWF) and **collard greens.**

Day 5

Breakfast: Fresh Fruits- Grape, apple, **blueberries,** pears.
Breakfast quiche packed with scrambled **tofu,** plant-based shredded cheese, diced Eden Way sausage, and sautéed bell peppers and onions, all baked in a flaky crust.

Dinner: Salad- **Lettuce,** tomato, cucumber, **parsley** with sliced **almonds,** drizzled with Eden Way seasoning (EWF) and olive oil
Mashed Potatoes served with BBQ meatballs (EWF) and steamed **broccoli.**

Day 6

Breakfast: Fresh fruits-mixed **berries**, mango, **pineapple**, banana.
Whole-grain pancakes (MOL Website) topped with a warm strawberry sauce and a tablespoon of **pumpkin seed** or **sunflower seeds**.

Dinner: Salad- Lettuce, tomato, cucumber, **shredded beets,** and olives (vinegar-free) drizzled with pesto dressing.
Seasoned brown rice served with Crimson Drumsticks (EWF) and grilled **zucchini and yellow squash**.

Day 7

Breakfast: Chia seed pudding parfait (made with soy milk or coconut milk, vanilla) layered with fresh **blueberries**, fresh **strawberries,** and **Almond** Cashew Krunch (EWF) **granola.**

Dinner: Lettuce, tomatoes, cucumber, drizzled with Eden Way Seasoning and sesame oil.
Gyros made with a delicious and soft **flatbread** stuffed with Oven Tofu (EWF), shredded **lettuce,** sliced tomatoes, **parsley**, olives (vinegar-free) drizzled a creamy garlic sauce.



The 14-Day Skeletal Support Menu

WEEK 2

Bone-supportive foods are emphasized in bold or visual contrast so the pattern is easy to follow.

Day 8

Breakfast: Fresh fruits-peach, mango, banana, **blueberries**.
Blueberry cobbler served with **tater tots** and **tofu** bites (tofu bites tossed with sautéed onions, bell peppers, and non-chicken stock).

Dinner: Salad- Lettuce, **radish**, tomatoes, cucumber, **carrots** olives (vinegar-free), drizzled with ranch dressing.
Potato Salad served with **lentil** patties (and **collard greens.**

Day 9

Breakfast: Fresh Fruits-**pears,** apple, grape, banana.
Creamy **Oatmeal** topped with a spoonful of **pumpkin seeds** and **prunes.**

Dinner: Salad- Spring mix, tomatoes, cucumber, **radish**, **edamame**, and a ginger-sesame dressing.
Vegetable stir fry made with **tofu**, **bok choy**, **carrots**, **broccoli**, onions, bell peppers- served with brown rice or noodles.

Day 10

Breakfast: Fresh fruits- **mixed berries**, oranges, **kiwi,** banana.
Breakfast Quesadilla packed with Eden Way burgers diced, cooked **black beans,** bell peppers, onions, plant-based shredded cheese topped with fresh herbs, all in a soft taco shells (EWF), served with a side of **sweet potato** hash browns.
Dinner: Salad-Lettuce, **tomatoes**, **cucumber**, drizzled with Eden Way Seasoning and sesame oil.
Baked **butternut squash** stuffed with seasoned grounds (EWF), accompanied by a side of sautéed **Swiss chard**.

Day 11

Breakfast: Fresh fruits- **mixed berries**, oranges, kiwi, banana.
Mango coconut crisp- made with juicy mangoes under a crunchy coconut-**oatmeal** topping, served with Eden Way sausages (EWF).

Dinner: Salad- Spring mix, tomatoes, cucumber, **radish**, **carrots**.
Kari Stew (EWF) served with **cooked brown rice** (EWF) and a side of steamed **cabbage** with tomatoes, onion, and garlic.

Day 12

Breakfast: Fresh fruits-mixed **berries**, mango, **pineapple**, banana.
Waffles with blueberry sauce (EWF) topped with ground chia seed, served with tofu scramble and prunes.

Dinner: Salad-**Lettuce**, tomatoes, cucumber, **chickpeas,** drizzled with Eden Way Seasoning and **sesame oil.**
Baked Ziti (EWF) served with a side of steamed **broccoli** and dinner rolls (EWF).

Day 13

Breakfast: Fresh Fruits- mixed berries, apple, grape, banana.
Tater tot casserole (EWF) topped with salsa and plant-based sour cream**.**

Dinner: Salad-Lettuce, parsley, carrot, tomatoes, cucumber, olives (vinegar-free), drizzled with ranch dressing
Hearty chill (**kidney beans**) served with cornbread and steamed **kale**.

Day 14

Breakfast: Fresh Fruits- orange, mixed berries, apple, banana.
Da'bomb (made with **tofu**) served with warm gravy.

Dinner: Haystacks made with **cooked brown rice** (EWF), **black beans**, olives, shredded **lettuce,** diced tomatoes, red onions, olives (vinegar-free) and salsa, drizzled with planted-based nacho cheese.

Note on Cooking: Vitamin K is heat-stable, meaning cooked leafy greens usually contain higher concentrations per cup than raw greens simply due to volume shrinkage



Closing Takeaways

Build meals around calcium-rich plant foods and vitamin-K greens. Include vitamin D sources, healthy fats, and regular movement. Choose variety over perfection, and ask a qualified clinician about individual calcium, vitamin D, or supplement needs.