

## OSTEOPOROSIS DRUG PROBLEMS EMERGING

*“Drug companies are fully aware that bio-phosphonate (osteoporosis) drugs have serious side effects and no long-term studies showing efficacy. These drugs do nothing for the formation of new, strong bone. Rather they interfere with the resorption of old (and diseased) bone:*

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It appears that the drug companies have duped Sally Fields into hawking osteoporosis drugs such as Fosamax and others. Ms. Fields sincerely tells us that these drugs only need to be taken once a week or even once a month. What could be better?

Not many years ago Lauren Hutton was fooled by pharmaceutical companies into promoting estrogen and progesterone, which ended up wreaking havoc on tens of thousands of women. Both these women have your best interests at heart but were simply misinformed.

Biophosphonate drugs prescribed for osteoporosis, breast cancer, and bone cancer are not only a dead end for the long-term, they can be deadly. Because these drugs bond to the surface of bone and prevent the normal osteoclasts (cells that break down old and diseased bone) from working, they can cause **osteonecrosis** or **bone rot!**

### **The Dental Connection**

Dentists have uncovered most of this. They are finding that women on biophosphonate therapy who have dental surgery, extractions, dental implants, and even dentures are at risk for **permanent, incurable osteonecrosis of the jaw (jaw bone rot)**! By disallowing bone cells to normally clean away old and diseased bone, these drugs can put women at high risk for this disastrous condition.

And who receives the most dentures, dental implants, extractions, and dental surgeries? Woman who have osteoporosis. And what are most women with osteoporosis prescribed (thanks in part to ads like the one by Ms. Fields)? They are the most universally prescribed biophosphonate drugs!

The entire concept of blocking osteoclast cells from performing their normal function - removing old and diseased bone - cannot work for women over the long haul. Without sites on the bone where diseased bone is removed, no new bone will be deposited. So old and diseased bone is kept and bone mass is retained. Hurray and hoist up the flag - a bone density test shows no more loss, and even a slight gain.

But the gain is old, brittle bone that needs to be removed so new strong bone can take its place. This leaves a skeleton that grows more and more brittle. And horrors - when that normal bone rejuvenation is blocked, bones, such as jawbones, can **permanently rot**. This disastrous side effect is life changing and carries monumental consequences. Adding to this horror, there is no cure.

Treat your bones right. Disregard commercials by the drug companies, even if they are using Ms. Field, whom we may trust and respect.

What you can do: We know that Chlorophyll and Vitamin C are important in building

bones. Omega 3 fats, raw bone meal supplements, weight bearing exercises and a diet consisting of live phytonutrients will build strong bone and will also rebuild bone end - cartilage, tendons and ligaments.

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