

Real Osteoporosis Information and Therapy

For more than 30 years doctors have wreaked havoc, ruined the health of, and killed women with their Estrogen (HRT) therapy. On a smaller scale, the same thing is happening again—this time with osteoporosis treatment—by ignoring and condemning natural therapies including raw bone supplements, and sticking to drugs and calcium carbonate supplements.

The drugs don't do much after a few years, and they carry a long list of serious side effects. But the most harmful part of this prescription is the omission of natural therapies for bones and joints. This is dangerous because without treatment of the cause, most women (and everyone with any kind of disease or health problem) will slowly or quickly descend into a spiral of bad and worsening health.

Most people do really well with a simplified osteoporosis protocol. This usually incorporates the following products from Standard Process which provide all the raw bone ingredients necessary to rebuild bone, cartilage, ligaments and muscle: **Biost** (three per day), **Calcifood Wafers** (two to three taken three times daily), **Cataplex C** (three day), and if there is a lot of arthritic pain add **Glucosamine Synergy** (three per day) as well as Flax seed oil.

In all cases of osteoporosis and pain, also perform a 30-day elimination diet that excludes all dairy, wheat, and gluten (grains including rye). And remember the greatest bone gain and regeneration is achieved not with drugs, but with weight bearing exercise. Go to your local gym and get started on six to eight basic weight lifting exercises. This simple procedure, practiced four times weekly, will give you more bone gain than all the drugs and supplements combined. And if you combine this with supplements, you will really get some results.

A simple bone scan may not be a good indicator of osteoporosis. For one thing, these scans compare an older woman's bones to those of a healthy 35-year-old. And scans can be inaccurate and yield different results from one machine to another. It is also extremely important to note that osteoporosis takes many forms—and can even be misdiagnosed if the hip, spine, and arm bones are still fairly healthy.

The first place where osteoporosis becomes evident is in the mouth. The bony tissues around the teeth begin to break down, teeth become loose, and gum disease becomes apparent. In these cases a special preparation of raw bone is needed. Bone itself appears to be a very static tissue—not very active in taking up and utilizing nutrients. This however is far from the truth. Bone is a dynamic, multipurpose tissue. It is a storehouse for minerals, including calcium, phosphorus, and manganese. It also stores proteins, amino acids, enzymes, and more.

So when it comes to breaking the osteoporosis cycle that may start in the mouth, these kinds of nutrients are needed. Bio-dent by Standard Process supplies these nutritional compounds. It is no easy task to make supplements from raw bone, including the marrow. Imagine the fatty mess of dealing with raw bones. Yet this is what is needed to get the job done. I don't know of any other company making a good raw bone supplement. As for bone meal, it is about as useful as eating sand. After days to weeks of boiling, all of the life force has been cooked out of it.

The same can be said about most cooked foods. The proteins are altered as some of the amino acids are destroyed or rendered inactive. The same goes for pasteurization of milk. This process destroys the enzyme phosphatase, making the phosphorus in milk almost useless to the human body.

But when the raw nutritional compounds are used, amazing changes take place. Unless the jawbones and tooth sockets are destroyed by infection, teeth will tighten up in a matter of weeks on 9-12 Bio-Dent daily. The deteriorating bone will regenerate itself. And this can be seen on pre and post x-rays.

A lot of arthritis is or has its basis in osteoporosis. You may wonder, how can a disease of calcium buildup be caused by a disease of lack of calcium? As bones becomes weak and osteoporotic, the body will try to bolster itself by calcifying or making hard some of the cartilage and even some of the ligaments around the bones. Often this buildup of calcium is the real cause of arthritis aches and pains. When a raw foods diet and supplements of raw bone are used, the body will slowly reabsorb the excess calcium buildup in the soft tissues.

What about calcium supplements? Doctors simple dismiss their patients with a prescription to take 1200 mgs of calcium daily. While calcium is critical to good bone health, it is only one in a long list of nutrients needed. When it comes to calcium, **Calcium Lactate** is the form most easily assimilated. It is sometimes used in conjunction with the other products mentioned for treatment of people with osteoporosis and arthritis. But calcium is used mostly to supply bicarbonate in the blood. This helps buffer all the acids from grains and cereals. It also balances the phosphoric acid from these same foods in order to provide from proper bone development and muscle activity.

This is particularly true with infants and young children, who need a constant supply of foods rich in calcium. The child who is deficient in calcium is indeed an unhappy child. This child will not be able to sit still because of excess nervous energy. And acute deficiency of calcium in the blood leads to fevers—the end result being a child who is susceptible to infections colds, flu, ear infections and more.

Health Alert; Vol. 20, No. 5