



Are Your Bones as Healthy as You Think?

By Morning: Spirit: Wolf-D.R.M.

You might think that a bone fracture is a relatively minor health problem, but you may want to think again. With mineral depleted foods that are eaten by the truckload, many people's bones are so weak they break even with small impact accidents and gentle

falls. Here are some things to consider, and what you can do to insure that your bones are healthy.

Children who eat a mostly cooked diet (including convenience foods), fill up on enriched breads, cereals and pasta, avoid fresh fruits and vegetables, and don't drink enough water are the most susceptible to bone fractures.

Women and Men, especially over the age of 35 get osteoporosis from chronic stress, acidity, dehydration, and a poor diet lacking in fresh fruits, leafy greens, and whole grains. In fact, complications following hip fracture are a leading cause of death in older women and men.

Bone Facts

Bone weakness, inflexibility, brittleness, and porosity are all poor conditions of the bones mineral mass. Osteoporosis is thinning of the bones due to loss of potassium, calcium, magnesium and other minerals, and Osteomalacia is softening of the bones due to mineral loss, are two such ailments that have a tendency to sneak up on us if we become mineral deficient.



Bones are a composite of many minerals, not just calcium, and their flexibility, density, and strength is maintained by potassium. In order to metabolize minerals it is important that the digestive system is balanced and functions properly. Digestion starts with the enzymes known as

carbohydrates (simple sugars), especially those found in fresh fruit and ends with essential fatty acids, especially those found in avocados and extra virgin olive oil, which facilitate the utilization of minerals into bone cells.

Calcium, the hardest of all minerals is needed for strong bones and because of that, we may think that solving bone weaknesses is to supplement with calcium. This would be a correct response if we didn't forget one thing: our body's ability to absorb and utilize the type of calcium ingested.

Supplementing with inorganic calcium (i.e. Rx and most over-the-counter shell, bone, and coral types) when the body is not able to absorb it from the intestinal tracts becomes a burden, not a help. The hardness of the mineral calcium, which if not absorbed, will remain in the body, and its excess may cause fatty tumors, calcify arteries, cause brittle bones, produce stomach acidity and gall bladder and kidney stones.

An important factor in our ability to absorb this mineral is the amount of time our skin is exposed to the sun, without the interference of sun block. When the rays of the sun, especially ultra-violet rays, hit the skin cholesterol contained in the muscles layers converts it into vitamin D, whose main effect is to increase calcium supply in the blood by increasing absorption of the mineral through the intestinal wall. The calcium is then deposited into the bones as the blood passes through them, making the bones denser and stronger. This same process is true for potassium which is essential for making bones flexible, non-porous, and strong.

Both calcium and vitamin D are dissolved in fats before they are absorbed into the blood stream. Therefore, eating a fat free diet, using low quality fats, or having problems digesting fats can lead to calcium and vitamin D deficiencies. The best quality fats are health promoting oils, such as extra virgin olive oil, and cold pressed and first cold pressings of sunflower oil, safflower oil, avocado oil, coconut, flaxseed oil and grape seed oil. Good quality oil contains enzymes that aid in the digestion of fat, which increases the absorption of both calcium and vitamin D from the food.

Mineral Rich Foods

Calcium is richly supplied in almost all nature's food, especially spinach, kale, arugula, broccoli,



asparagus, figs, almonds, watercress, sesame seeds, and goat's milk, cheese, and yogurt, unless you are eating food whose enzymes are destroyed, the need to supplement with calcium is almost totally unnecessary. Calcium from cow's milk and cheese is completely indigestible; as is the milk protein, so try goat and sheep milk products instead. Plant based milk, such as almond, coconut, and brown rice milk all carry huge amounts of non-dairy calcium that is usable. If calcium supplementation is necessary (i.e. some medications block calcium absorption) be sure to use calcium supplements that are from a whole food sources. Peak Frequency Plant Therapy's **Nettles-Iron & Calcium** is loaded with concentrated whole food calcium that is readily absorbable.

Some foods that are high in natural and easy to digest potassium are apricots; sun ripened bananas, red potatoes, almonds, dates, peaches, plums, broccoli, kidney beans, whole wheat, and barley. Peak Frequency Plant Therapy's **B-Complex with Potassium** is loaded with all the B-Complex vitamins plus the proper ratios of Potassium for concentrated absorption of Potassium into bones.



Try the DIY **Bone Density Therapy** included in the newsletter with this article

How to Insure that your Bone Density Test is Accurate

Make sure you are positioned properly during the scan. Bone density is measured with a type of scan that uses technology known as dual-energy X-ray absorptiometry (DXA). For details on the test, see below.

It's an accurate test—when it's performed correctly. One of the most common errors is improper positioning when checking the bone density of the hip. During this part of the test, your technician should use a small device that fits between your feet to cause a 15- to 20-degree internal hip rotation.

In that position, the neck of the femur measures at its lowest bone density level...any other positioning could falsely inflate your score by up to 10%—an amount that can be the difference between whether or not a doctor diagnoses a troubling level of bone loss.

What you can do: Prior to your DXA, discuss the proper positioning with your doctor. When you are at the test, you can say to the technician, “My doctor really stressed to me the importance of getting the proper hip rotation.” That will alert your technician that you know about this element of the test...and encourage him to do it correctly.

Don't skip important lab tests. Your DXA results are only one piece of your bone health puzzle. Laboratory tests are just as essential in forming a complete picture of your bone health. When it comes to diagnosing and treating osteoporosis, lab tests are mainly used to rule out potential secondary causes, such as low vitamin D levels, thyroid or parathyroid problems, or digestive disorders.

Natural Alternatives:

- **Yam A plus D** – Vitamin & Mineral - whole plant sourced from yam varieties and Blackberry leaves
 - Take 20-30 drops twice daily with food
- **Thyroid** – Hormone Booster - whole plant sourced Thyroid Hormone boosting herb and food formula
 - Take 10-15 drops twice daily with food
- **Balance** – Light Center Formula - whole plant sourced botanicals that may repair all digestive organs and hormones, balancing the entire digestive tract from pancreas to stomach and colon.
 - Take 15-20 drops twice daily with food

However, it's also critical that your doctor assess your sex hormone levels, which have a direct impact on your bone health. For women, perimenopause- and menopause-induced low estrogen can cause a 1% to 3% loss of bone mass annually for five to 10 years. In men, hypogonadism (low testosterone) is a leading cause of osteoporosis.

What you can do: In addition to a complete blood count (that includes white and red blood cell counts) and a comprehensive metabolic panel (that checks kidney and liver function and electrolyte levels, etc.), ask for a vitamin D test and a thyroid stimulating hormone (TSH) test. Vitamin D increases calcium absorption by 50%, and untreated thyroid disease can result in bone loss (and hair loss).

Depending on your history, your doctor may also want tests to measure your calcium, phosphorus and magnesium levels...parathyroid functioning...cortisol levels...and more.

BONE-TESTING BASICS

A dual-energy X-ray absorptiometry (DXA) scan is simple, painless, requires no injections and exposes you to very little radiation (a small fraction of that used for a chest X-ray). *What happens:* While lying on your back in your clothes, with your arms at your sides, you'll be asked to hold your breath and not move for a few seconds while the machine passes over you. The complete test takes about 20 minutes. *Important:* You should avoid taking calcium supplements for 24 hours before the test—an undigested pill could lodge in an area and falsely bolster your results.