



# Bone Health

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

Our bones contain the mineral properties that are foundational to support our living energy, and the frame upon which we are able to sustain the movements that support our life. Enhancing the health, vitality, and integrity of these structural minerals is of paramount importance if we want pain-free strength and flexibility as we age.

Bone weakness, inflexibility, brittle-ness, and porous-ness are all poor conditions of the bones mineral mass. Osteoporosis; weakening of the bones due to loss of calcium and other minerals, and Osteomalacia; softening of the bones due to mineral loss, are two such ailments that have a tendency to sneak up on us as we age with mineral deficiency, but are beginning to affect the young as well. These two conditions in particular cause bone fragility and brittleness, bones to ache or tingle, and cause fear of movement that a bone might break if we have a fall.

Bones are a composite of minerals, not just calcium, and their flexibility, density, and strength is maintained by the cellular health of the entire body. In order to metabolize minerals it is important that the entire digestive system be in balance. 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 body cells.

A well advertised fact is that calcium is needed for strong bones and because of that, we may think that the solution to bone weaknesses or density 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 more of a burden than a help. This is due to the hardness of the mineral calcium, which if not absorbed will remain in the body, and its excess will 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 fat can be found at the health food stores, where they have various 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. Refined, hydrogenated, heated and purified oils have decreased enzymes and essential fatty acids are destroyed, so look for extra virgin, cold pressed, unrefined, and unfiltered oils. The oil with the greatest amount of ailment preventing components is extra virgin olive oil, which has the highest amount of active ingredients and will increase the ability to utilize the calcium and vitamin D we ingest, decreasing the chance of suffering from weakness in the bones.

Because 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. If calcium supplementation is necessary (i.e. some medications block calcium absorption) be sure to use calcium that is from a whole food source and not from shells, corals, eggs, or other bones.



Another factor that should not be overlooked is that our bodies desire to maintain a slightly alkaline over acidic pH-level. This flora/fauna balance starts in the intestines and insures that the optimum amounts of all nutrients are absorbed from our foods. If we eat foods that create strong acids, such as white sugar, white flour, pork, ham, chicken eggs, pasteurized cow milk, cow cheese, south American coffee, apples, energy drinks and soda pop, the pH-level drops and becomes acidic. In order for the body to return to a correct pH-level, it has to neutralize the excess acids. This is done by the body cells taking minerals, mainly calcium and

phosphorus from the bones and combines them with the acids to neutralize them. If the body is constantly supplied with acid creating foods, the bones are

constantly dissolving, or de-mineralizing, making them weak, porous and brittle, and their joints inflamed and aching.

Bone is a living tissue, a substance which constantly changes according to how it is being used. By exercise and regular movement, putting some resistance on the bones, they become stronger and reduce the chances of osteoporosis. Stay active and enjoy regular exercise by walking, dancing, swimming, yoga, or any activity that increases circulation and inspires movement.

While calcium is the most strenuously marketed mineral in regards to bone density and strength, let us not overlook the important role that potassium plays in bone density and flexibility. If calcium is out of balance with the proper ratio of potassium, bones become more brittle, inflexible, and less likely to “give” during a fall or hit. Un-digestible and excess calcium coats the bones, making their exterior calcifications dry, distorted, acidic, and fragile, while potassium keeps bones hydrated, alkalized, and flexible. A good way to reconfigure calcium in the bones is to undergo a therapy composed of five ingredients; lemons, marshmallow, red clover, potassium, and B-Complex vitamins. The lemons create a path into the bones; the marshmallow root re-crystallizes the bone calcium content; the red clover allows greater absorption; and the potassium is infused into the bones through the cooperation of the B vitamin activity, which helps to balance all bone crystal minerals allowing greater flexibility and strength. Then adding Nettles-Iron & Calcium to the therapy super mineralizes all the bones cells.

#### Bone Density Therapy

A.M. plus P.M. ½ hour before food

- 1 cup water
- Juice of half a lemon
- 30 drops Marshmallow root
- 30 drops Red Clover
- Nettles-Iron & Calcium
- 60-80 drops B-Complex with Potassium
- Daily for 60 days

B vitamins, which facilitate the digestion of all foods, cannot be utilized without potassium. 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.

In summary, to help keep the bones healthy enjoy the sun with skin covered in extra virgin olive oil, make time for moderate exercise, eat one-half avocado daily and a minimum of one tablespoon of extra virgin olive oil a day, and avoid refined and acid producing foods to keep the calcium where it is needed - in the blood and bones. Eat lots of organic, fresh, vegetables and fruits that are high in enzymes, vitamins and minerals, alkalize the body, and keep the bones in prime form.