

# Do It Yourself Bone Density Therapy



## **Bone Density Therapy**

### Suggested Application and Use:

Take all supplements twice daily - A.M. after breakfast and then again P.M. half hour before dinner

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

Take daily amounts for 60-90 consecutive days, depending on health of bones

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.

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.

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 with daily exercise and good sleep.