

June 2011

# HomeCures

## *That Work*

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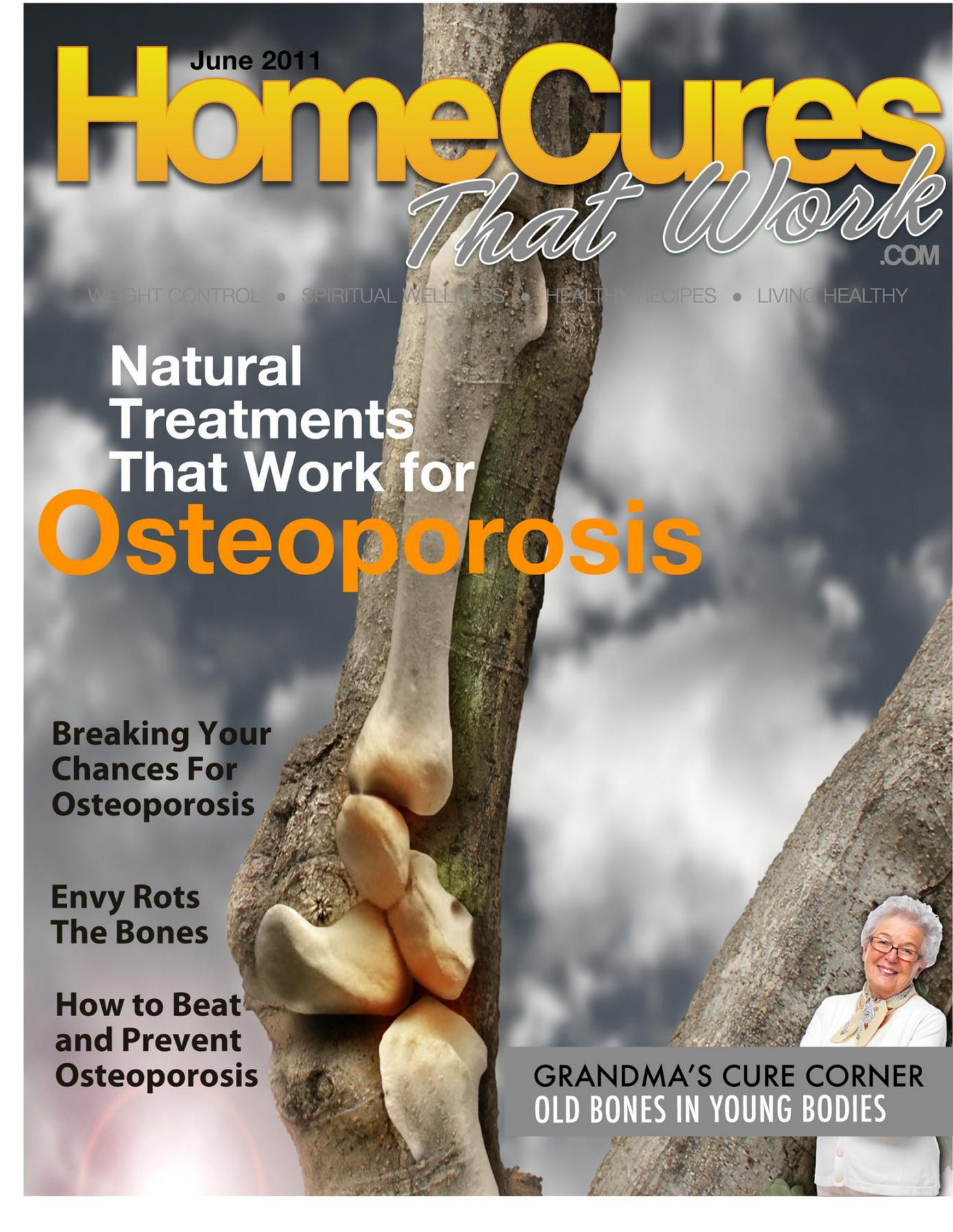
WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

## Natural Treatments That Work for **Osteoporosis**

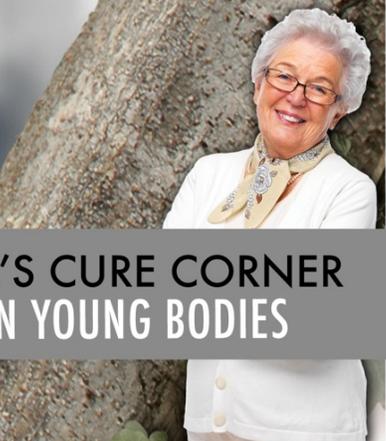
**Breaking Your  
Chances For  
Osteoporosis**

**Envy Rots  
The Bones**

**How to Beat  
and Prevent  
Osteoporosis**



**GRANDMA'S CURE CORNER  
OLD BONES IN YOUNG BODIES**



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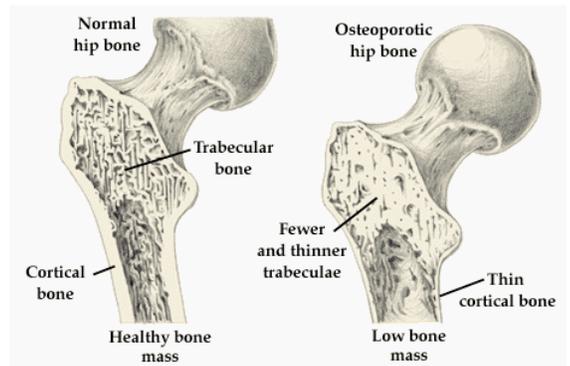
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# Osteoporosis: Natural Treatments That Work



By Dr. Scott Saunders, M.D.

“Grandma fell and broke her hip,” is the story we’re told. She goes into the hospital and has surgery, but it’s just the beginning of the end. It’s all downhill from there. We then go to the doctor who does a test and tells us that it’s going to happen to us if we don’t take some medication. Then, we see famous actresses on television advising us how crucial it is to take osteoporosis medication.



There is a whole culture of fear surrounding the aging process, fear that it’s going to strike us – and we never know where it will strike next. Out of fear we take calcium and bisphosphonates (prescription drugs) to ward it off. But, everything you heard about osteoporosis is wrong!

## Osteoporosis History: Rickets

The reality of osteoporosis is very different. It is a disease of the Industrial Revolution, hardly appearing on the scene before then. Prior to the Industrial Revolution, people lived, worked and traveled outdoors in the sunshine. But since that time, several changes have happened.

- Work moved indoors under artificial lighting.
- Cities also became polluted with soot that prevented the ultraviolet light that makes vitamin D from reaching the people.
- People started bathing more often.
- Children among the wealthy class were kept indoors without exercise since cities were dangerous places and, as a result, became more susceptible to rickets because they didn’t have enough calcium.

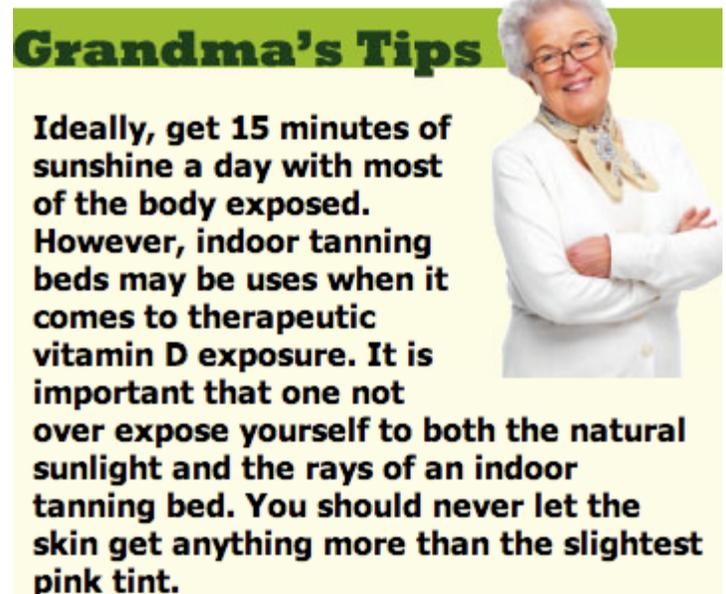


Many may remember the storybook (and movie) of Heidi. Her friend, Klara, lived in the city and was in a wheelchair, becoming weaker and weaker. But when Klara went to visit Heidi in the mountains, she gained strength and was miraculously able to walk again. Her recovery was attributed in the story to the clean mountain air. Really, however, Klara had a disease called “rickets.” The “clear mountain air” was the sunshine she was getting for the first time in her life that made vitamin D. By the middle of the 20th Century, everyone knew what Rickets was and how to prevent it. My mom even lined her kids up for a dose of Cod Liver Oil specifically for that purpose.

## Modern Day Osteoporosis

In our modern society things have only gotten worse! We forgot about rickets and stopped thinking about getting enough sunshine. Not only do we work indoors all day, the dermatologists are now telling us to avoid the sun at all costs. We use sunscreen; we wear hats and clothing, we stay indoors or stay shaded from the “cancer-causing sunshine.” (This is the topic of another discussion.) Moreover, we bathe every day. I had a beach volleyball player who was out on the beach without a shirt or sunscreen every day and he was still in the “osteopenia” range of vitamin D. It turns out that every time he finished playing he would go take a shower, washing all his vitamin D down the drain. Did you know it takes over 24 hours to absorb vitamin D through the skin?

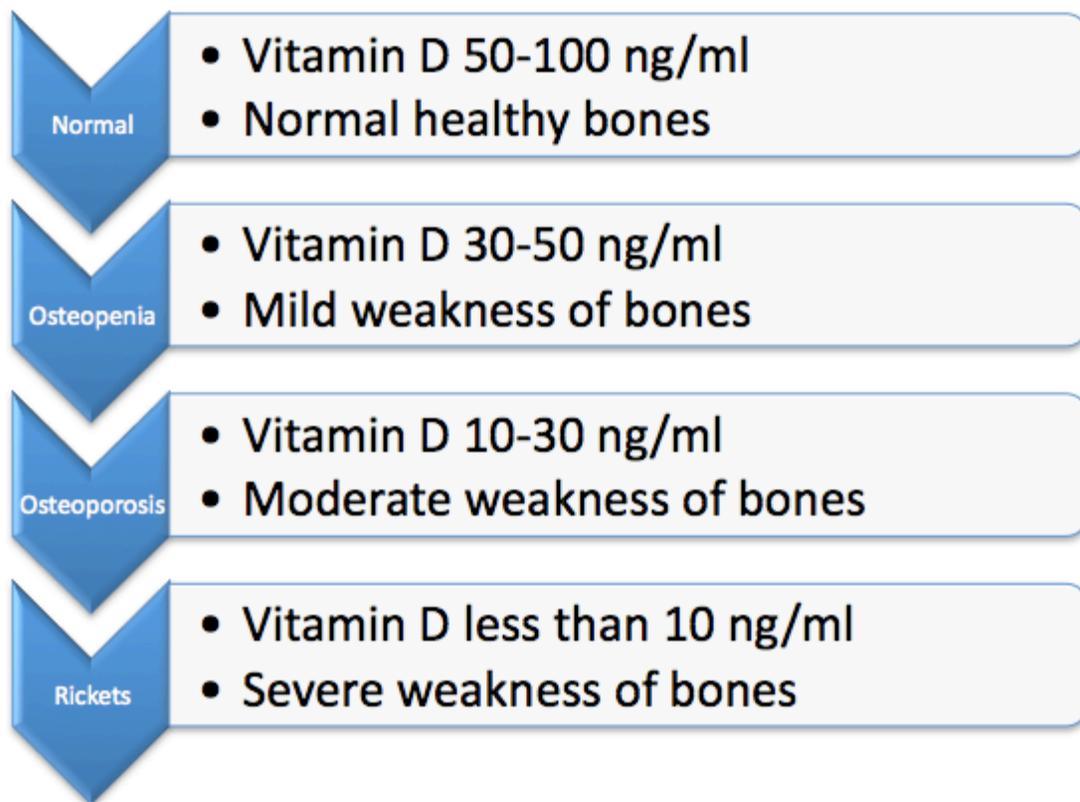
Vitamin D helps us to absorb and use calcium. Without a constant supply, the calcium is taken out of our bones to make our muscles and nerves work. Osteoporosis is just a mild form of Rickets. Osteopenia is a little milder, and so forth. The scale looks like this:



**Grandma's Tips**

**Ideally, get 15 minutes of sunshine a day with most of the body exposed. However, indoor tanning beds may be used when it comes to therapeutic vitamin D exposure. It is important that one not over expose yourself to both the natural sunlight and the rays of an indoor tanning bed. You should never let the skin get anything more than the slightest pink tint.**





## **Home Cures that WORK!**

### **Osteoporosis Drugs**

*Warning:* Prescription drugs for osteoporosis are poison and should be avoided at all costs. They kill bone cells, inflicting permanent damage. They cause a disease called “osteopetrosis” which is thick, brittle bone, as well as necrosis of bone, especially of the jaw, after a tooth extraction, for example. They also damage the lining of the esophagus, stomach and intestines. They should be treated like toxic waste (which is where they came from). Read the package insert that comes with this pharmaceutical drug and it will tell you why. This is the first kind of medication I remove from every patient who comes in my office.

### **Calcium supplements**

If you take calcium supplements, then you cause imbalances in other areas such as magnesium. If you don't have a good balance of nutrients, then the calcium deposits in your body cause bone spurs, kidney stones and hardening of the arteries. It is a mistake to take more calcium to build the bones because the food we eat has plenty. What we need is balance and proper usage.

# Achieving balance

The nutrients that work together to build bone are complex and should be derived from food. Vitamin D supplementation is essential for all the reasons we discussed. In many years of testing hundreds of people, I have only had two patients in the normal range. One was going to a tanning booth twice per week, and the other had just gotten back from an extended stay in Hawaii. If you aren't sure, every doctor now has access to testing.

Vitamin D works with vitamin K and vitamin A, as well. Moreover, there must be adequate magnesium to build bone, which is found in green vegetables, whole grains, nuts and seeds. Since Americans don't live on these, but rather eat them occasionally, it's common for people to be deficient in magnesium.

## Build Bone with Exercise

You cannot build bone without exercise. I repeat: If you don't stress the bone, you can take all the supplements you want, but you won't increase the strength of your bones. I cannot emphasize enough the value of regular (3-5 times per week) weight-bearing exercise. Walking is OK. Running is better. Most will have to start slowly and gradually increase to a one-mile jog. Jack LaLanne-style calisthenics at home are also a great idea. (Besides, it's the BEST way to stay out of a nursing home!!!) I want to encourage this because of our tendency to think we can take a pill instead – don't even think about it.



## Strong Bone Recommendations

1. Exercise regularly.
2. Take Vitamin D3 - 50,000 IU once or twice per week. (In my experience, one gets people into the 50-70 range, and two gets them to around 80.) Test if you aren't sure.
3. Take Vitamin K2 - about 2 mg per week
4. Take Vitamin A (natural form of mixed retinoids and carotenoids) - 50,000 IU per week.
5. Take Magnesium - 400mg in the evening before bed. (Better yet: eat more green vegetables, whole grains, legumes, nuts and seeds!)
6. Continue exercising 3-5 times per week – FOR LIFE!

The easiest way to create strong bones and avoid osteoporosis is to take the vitamin D, exercise and eat whole foods. This would be adequate to not only build bone, but improve your strength, stamina, energy and immune system, as well. Moreover, your chances of getting cancer would drop by over 50%!

# Stamp Out Osteoporosis

Studies in nursing homes where inmates never see sunshine or the light of day show that there is much more to vitamin D than just building bones. In fact, there wasn't enough increase in strong bone mass to account for the drop in fractures. Those who were given vitamin D also had fewer falls, more strength, better agility and more mental clarity. Using the above method of curing and/or preventing osteoporosis you will have many, many other benefits!



**Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://www.youtube.com/user/naturalEdoctor01>**



# How To Prevent And Beat Osteoporosis - Not With Milk?

**By Jeff Saunders**

**O**steoporosis is the condition marked by frail, weak bones that have lost their density over time. But, time is not the only enemy. Osteoporosis can be accelerated by a poor diet, too, specifically, a diet lacking calcium, Vitamin D (for calcium absorption) and protein.



Now, milk has all 3 - and our bones need them to grow strong and defend against becoming brittle and breaking. The dairy product pushers know this and they capitalize on it every chance they get.

Now, milk has all 3 - and our bones need them to grow strong and defend against becoming brittle and breaking. The dairy pushers know this and they capitalize on it every chance they get.

You may have even seen the television ad where Susan Sarandon glides through her rustic living room. Glass of milk in one hand as she picks up a skateboard left in the middle of the floor with the other...all the while talking about nutrient deficiency and how to “close the gap” with milk. In the background, a light, airy, quasi-classical piece plays softly as if to offer a comforting, home-style feeling of safety that erases all mistrust in advertising.

Then she tells us that in addition to vitamin D and calcium, milk also has potassium and protein.

And she'd be right.

So, what's the problem?

Before that, she says eating may not be enough. There she'd be wrong. Good thing she said “may.” Fact is, you should be able to get all the nutrients you need to beat osteoporosis by eating a balanced, healthy diet.

## Doesn't Milk Already Do That?

Theoretically, it should. But, as you know, theories don't always pan out in the real world.

You see, milk certainly contains the essential nutrients bones need – that's the good news. The bad news is those nutrients come from an animal. And the protein found in animal foodstuffs can cause you to *lose* calcium. This means the amount of calcium you need in your diet is completely enslaved to the amount of meat and dairy you consume.

And here's the kicker...because of *our* high-animal protein diets, Americans may not be able to take in enough calcium to replenish what's lost by our catch-22 eating habits. Result? We're up there at the top of the world-wide Osteoporosis List but...

## Protein Is Protein – Isn't It?

No. It isn't.

Animal protein is a Potential Renal Acid Load (PRAL) protein and our bodies are designed to defend against it. Why? Because this acid must be neutralized before it gets to the kidneys – and our bodies consider the kidneys mandatory for survival, even before bones. Where do you think the most easily obtained source of this acid neutralizer is located? If you said, "the bones" you were right!

So, it literally milks your bones dry!

If that weren't bad enough...

## Homogenized Milk Is A Chemically Altered Drink

The process of homogenization alters the chemical make-up of the milk we drink. This process increases the acidity of a beverage already high in acid content. Plus, pasteurization and homogenization create a laundry list of health and digestion problems for the drinker. It gets worse...

Today, cows are genetically engineered to produce more and more milk each time they're pumped. They're given a man-made Bovine Growth Hormone called rBGH which artificially increases the cow's ability to produce milk. So what? So, rBGH has a nasty side effect in humans. It's been linked to an increase in blood levels of Insulin Growth Factor-1, which is linked to several different types of cancers.



Over time, as the body fights itself trying to make sense of all this protein/calcium conflict of interest business, nothing suffers more than our weak bones. They're the platoon that chalks up the most casualties. Continuing on with this type of diet can only lead to hip replacements, a cracked rib when reaching for a coffee mug, or possibly a shattered wrist or pelvis simply by moving a light piece of furniture or being involved in a fender-bender. Plus, osteoporosis is known as one of the Silent Diseases – because it consumes you slowly and without warning. You won't even know it's there – until you fracture your first femur.

*Author's Note: I know a nice cold glass of milk is the perfect companion to most deserts, that a nice warm glass of milk is a great substitute for sheep when it's time to fall into the arms of Hypnos. Plus, it's a fact that cows have some of the strongest bones in the Animal Kingdom, too. So, if you MUST drink milk, make it raw. Raw milk (not pasteurized or homogenized) is less acidic than it's chemically altered counterpart. But, be careful – it still must be filtered and immediately cooled to about 36-38 degrees. Please make sure it's organic, coming only from grass-fed cows, OK?*

## **For the Naysayers**

“Pish-posh,” you say...”Osteoporosis is only for older folks.” Think again.

This *should* be an unusual story, but it's not. Meet, let's-call-her, “Stephanie...”

Stephanie was diagnosed with osteoporosis at the ripe old age of 27, after enduring some painful compression fractures. Before her condition forced her to stop working, she was a health-care professional.

Because she didn't want to live her life in fear – bending wrong, or perhaps coughing and breaking another bone, Stephanie took steps to prevent further bone density loss and even rebuild the tissue that disappeared.

Today – 12 years later – she's recovering – eating a healthy, well-balanced diet, and feeling stronger every day. She still has to think about her actions and the effect they have on her bones but she no longer lives in fear and has begun enjoying life again.

## **Osteoporosis – It's Not Just For The Older Folks Anymore**

Nor is osteoporosis just for women. In fact, it quietly affects 28 million Americans today and that figure represents an 80/20 split between women and men, respectively. If the appropriate, preventable opportunities to stop and beat this disease are not taken, that number is predicted to jump to 41 million affected skeletons by 2015. That's a 46% increase in just 4 years!

We know dairy products are not preventable opportunities – so, what are?

Fortunately, there are a number of ways you can take control of your bone density and let your body do the work to rebuild it. All you have to do is enjoy some simple, delicious, and above all natural, healthy foods and drinks. Some delightful herbal tea elixirs that can be used to treat osteoporosis are:

- Dandelion
- Chaste Berry
- Dong Quai
- Black Cohosh

Eat high protein and potassium foods like:

- Peanut butter
- Sesame seeds
- Beans
- Apples
- Bananas
- Figs

Please don't forget your unsalted almonds and green, leafy veggies!

All these deliver the nutrients you need to remain healthy and bone-strong for life.

Not enough?

## **More Food For Thought**

Below are 2 tasty recipes providing healthy calcium to prevent and crush osteoporosis once and for all.

### **Red Spaghetti with Broccoli Sauce**

#### **Ingredients**

- *300g broccoli, stems trimmed*
- *50g Sbrinz cheese, grated*
- *1/2 container sour cream*
- *Salt, pepper*
- *500g spaghetti*
- *1.2 liter salted water*
- *4dl beet juice*
- *20g butter*



- 60g Sbrinz cheese, grated

*Directions:*

*For the sauce: Cook the broccoli in salted water until cooked through. Put broccoli in a strainer and squeeze out most of the excess water, reserving a little. Put the broccoli in a mixer, a bit of cooking water, the Sbrinz, sour cream and puree until smooth. Add a little more cooking water if the sauce is too thick. Put the sauce back in the hot pan and season.*

*Mix the beet juice with the salted water and cook the spaghetti till “al dente.” Remove the spaghetti and put in a hot pan with butter.*

*Reheat the sauce, place some spaghetti on serving dishes, top with some of the sauce and sprinkle with Sbrinz. Serve the remaining sauce on the side.*

*Nutritional information (per serving):*

**Calcium:** 393 mg

**Curly Kale Salad with Fruits and Nuts\***

*Ingredients*

- 150 gr curly kale (kale)
- 1 orange, peeled
- 6 dried apricots
- 25 gr walnuts
- 150 gr yogurt (0,1% fat)
- 1/2 dl whipped cream

*Tip: You can use different sorts of sour milk or sour cream products in the dressing.*

***Preparation:***

1. *Rinse the curly kale carefully. Remove the rough stalks. Chop the curly kale in a food-processor or with a knife.*
2. *Cut the orange in small pieces.*
3. *Cut the apricots in small pieces and chop the walnuts roughly.*
4. *Whip the cream soft but not stiff. Mix the cream and yogurt with salt.*
5. *Mix the curly kale, orange, apricots and walnuts into the cream.*



*Nutritional information (per serving):*

**Calcium:** 404 mg

**Vitamin D:** .15 iu (international units)

*\*This recipe is an old traditional Danish dish.*

# Final Thoughts

Those are just 2 recipes in a world of good healthy foods. To add the most bone-building power, try adding these to your osteoporosis diet, too:

1. Lots of fresh, organic green and root vegetables.
2. Of course, fruits should make the front page.
3. Mineral-rich herbs build bones with infusions of red clover and the over 500 mg of calcium per cup behemoth – stinging nettle.
4. Drink pure water to cleanse and hydrate.

Most importantly – take magnesium – magnesium is essential in the calcium absorption process. So, the more calcium you take in, the more magnesium you'll need to see that it gets to where it needs to go. Not enough magnesium and the calcium will be pulled from the bone like the meat off a well-cooked spare rib. Don't let this happen to you.

What to avoid:

1. Table sugar
2. Corn syrup
3. Cake? Yes, cake!
4. Bread and pastas made with white flour.
5. Soda – pop, Coke®, Pepsi®, root beer...whatever you call it!
6. You're going to hate this – most packaged cereals should be avoided, as well.

There are many exciting opportunities out there to prevent and beat osteoporosis before it beats you. Young or old, man or woman – it knows no age or sex. It strikes when you least expect it because it develops slowly...creeping through your weak bones with symptoms undetectable until it's too late. Dairy products and animal proteins only serve to exacerbate the problem. Unless you take the preventable steps to stop any further bone density loss you could be its next victim.

Remember: you may have loved Susan Sarandon in that-thing-you-saw-her-in but it doesn't mean she's qualified to give you dietary advice – especially when it could cost you so dearly. Jay Leno advertised Doritos – doesn't mean they're good for you.



**Jeff Saunders is a writer and food fanatic who's been cooking since he could identify a spatula as more than a blunt instrument of destruction. He majored in English Literature at Florida Atlantic University, and has been in marketing and advertising for 6 years. He continues to write ad copy for various clients in the U.S. and Canada but is currently working on his novel tentatively titled: *The Following Pages Left Blank Intentionally*. He feels that it would mean more to the reader if they wrote it themselves. Jeff's currently nuzzled in a suburb of Pittsburgh Pennsylvania with his family...and in laws.**

***\*Recipes courtesy IOFbonehealth.org***

## Grandma's Tips

**Osteoporosis can be a complication of Celiac Disease (wheat intolerance) because calcium is not absorbed. Consider removing gluten from your diet to increase calcium intake through the small intestines.**





# Osteoporosis: Breaking Your Chances

By Amanda Box, N.D

Osteoporosis is becoming nothing short of an epidemic. Nearly 10 million Americans have osteoporosis and another 18 million are at high risk of developing it. Here's a scary statistic: Women over the age of 50 have a one in two chance of an osteoporosis related fracture! These numbers are expected to continue to climb unless we really begin to actively treat and prevent bone loss.

Big Pharma is taking in major profits from osteoporosis. Drugs like Fosamax and Boniva are recommended for treatment. The problem is that these drugs don't truly help, but rather increase your risk of a fracture. They also have a whole list of other bad side effects. Some Fosamax and Boniva users are dealing with gastrointestinal issues including esophageal cancer, skin rashes and even joint pain. These drugs work by killing cells in your bone. Although the result of using these drugs is denser, bigger bone, it is not stronger bone. Because the bones are still weak, fractures, including hip fractures, have been occurring among those using these supposed bone-building drugs.

## Two Kinds of Osteoporosis

Osteoporosis is a debilitating condition in which bone density decreases to the point that it causes weak, porous, and fragile bones. People who have osteoporosis have a high risk of bone breaks and fractures. Although most people are familiar with osteoporosis, they may not realize that there are two forms.

The two types of Osteoporosis are:

- **Type I or Primary Osteoporosis**

This type comes on very suddenly in postmenopausal women because of the rapid drop in estrogen levels. This lack of estrogen causes calcium depletion in the bone. Type I largely affects the bone inside the vertebrae.

- **Type II or Secondary Osteoporosis**

This type is age related and occurs in everyone to some degree. As we age there can become an imbalance in the two bone-recycling processes resulting in weaker more fragile bone. Type II can affect nearly any bone in the body. It can also have several other causes including:

1. Diseases of the endocrine system like hyperthyroidism
2. Digestive diseases like Crohn's
3. Vitamin D deficiency
4. Poor nutrition
5. Use of corticosteroids like Prednisone

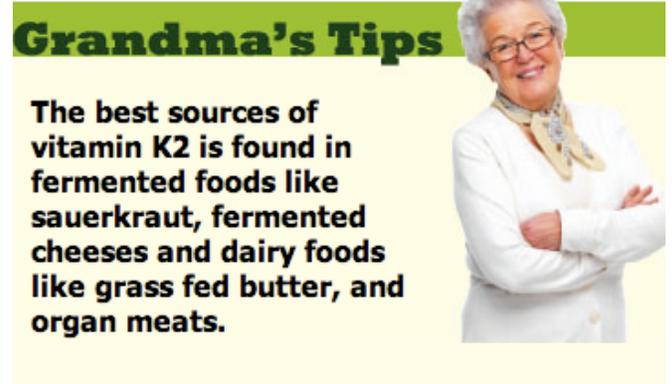
## Healthy Eating for Bone Building

I always say the prevention is the best treatment. Thankfully, osteoporosis has many natural options for prevention and treatment. The first and most important is good nutrition. Most people focus on the consumption of dairy for calcium. Although there is some truth to this, there are many other minerals and components that contribute to the formation of bone.

- **Amino Acids:** Amino Acids are an integral part of bone density and important part of the bone matrix. The best source of amino acids is quality protein like organic or free range chicken and eggs, pasture raised beef and whey protein powder.
- **Magnesium:** Magnesium is extremely important in the formation of bone. Without adequate magnesium, calcium won't be incorporated into your bones. This leads to excess calcium in your soft tissues instead of your bones. Raw almonds are a great source of magnesium to incorporate into your diet.
- **Phosphorus:** Phosphorus shares space with calcium in your bones and is important for bone strength. Some great foods for phosphorus are quality meats, raw nuts, legumes and organic peanut butter.
- **Trace Minerals:** Your bones are comprised of over 12 minerals. A great source of trace minerals is Himalayan Sea Salt. It is pink in color and packed with trace minerals including natural sodium, which is also needed by our bones. This type of salt does not affect blood pressure.
- **Calcium:** We all know that calcium is important for healthy bones, but without the other minerals, it isn't properly utilized. It is important to make sure we get the other nutrients we need with our calcium. Raw and organic milk products are a great source, as well as green vegetables such as kale and broccoli.



- **Vitamin K2:** Vitamin K plays an important role in bone metabolism and healthy bone growth. K2 has been found to be connected more to bone formation than K1. K2 is found in curded dairy like cottage cheese.



## Which Calcium Should I Take?

Having worked in natural health industry for years, I've constantly heard the question, "Which calcium should I take?" This is indeed a very important question because there are many forms of calcium on the market today. Each form of calcium absorbs differently. I'll go over three common forms, including my favorite.

- **Calcium Carbonate:** This is the most common and cheapest form of calcium. It has a large percentage of elemental calcium, but it is very hard to absorb. This form of calcium is in over the counter antacids. I do not recommend calcium carbonate for bone building.
- **Calcium Citrate:** This form of calcium is very easy to absorb, but has a lower amounts of elemental calcium. Calcium Citrate is my second choice and is a great option for vegetarians.
- **Calcium Hydroxyapatite:** This calcium comes from young bovine bone that is not processed with heat or chemicals. It naturally contains calcium and phosphorus in the exact ratios formed by our body's bone. It is one of the most absorbable forms of calcium and also naturally contains Potassium, Magnesium, Boron, Zinc, Silica, and Chromium.

Calcium Hydroxyapatite, or MCHC, is in my opinion, the superior source of calcium for bone loss treatment and fracture prevention. It has become quite popular and is in many formulas including my favorite, Bone Up by Jarrow Formulas.

Also, I want to mention stomach acid plays an important role in calcium absorption. As we age our stomach acid begins to decline. Without adequate stomach acid, the calcium supplement cannot be broken down and absorbed correctly. Taking an enzyme formula containing Betaine Hydrochloride can help increase stomach acid, aiding in digestion and therefore the absorption of your calcium supplement.

## Beyond Just Calcium

Strong bones need much more than just calcium. There are many other important vitamins and minerals that contribute to healthy bone formation. Sometimes, no matter how hard we try to eat correctly, we still may be lacking the nutrients we need. This is when we want to consider supplementing. Supplements should never take the place of eating healthy, but should be added to a healthy diet. Fat-soluble vitamins like vitamin K2 and vitamin D are harder to incorporate into our

diet, so supplementation may be necessary.

- **Vitamin D** is crucial in calcium absorption. Although we can get all the free vitamin D we want from sunshine, most of us aren't able to do this year round. 5,000-6,000 IU a day is what doctors are beginning to recommend to healthy adults who aren't getting adequate sun exposure. Most calcium supplements only contain 400 IU of vitamin D, so one may need additional supplementation.
- **Vitamin K2** acts like the glue for plugging calcium into the bone. It is much harder to get K2 in food as it is only present in a couple food sources like cottage cheese and natto. Supplementing vitamin K2 is very important.
- **Magnesium** is the most important mineral involved in calcium uptake. We have sadly become a magnesium deficient society. Its richest source, almonds, have been avoided because of their fat content. Nutritionists and doctors are now recommending at least 1000 mg a day to build back up your magnesium stores. Some even recommend a 2:1 ratio of magnesium to calcium for one month and then back down to a 1:1 ration of magnesium to calcium for maintenance. Adding additional magnesium can also help with muscle spasms, tachycardia, edginess, constipation and menopausal symptoms.
- **Strontium** has amazing bone building properties. This trace mineral works so well it is actually prescribed and treated as a drug in Europe. Strontium has shown in studies to reduce fractures by 49% and increase bone density formation by 142%! This incredible supplement is a secret weapon for those who have severe bone loss. 340 mg a day is recommended for those with minimal bone loss, but those with severe bone loss can supplement 680 mg a day. It is very important to take this at least an hour after calcium because strontium will compete for absorption.
- **Silica** is an essential trace mineral found in our bones, skin, hair and nails. This mineral is used widely used for bone loss throughout Europe, as well. Silica is a major building block of collagen and has been found to increase calcium absorption by an average of 50%! It promotes more flexible ligaments and tendons and increases the natural cushioning in our joints. Silica also decreases wrinkles, which is always a plus. The most absorbable form of silica extracted from the herb Horsetail.



## Hormone Therapy for Osteoporosis

Although some doctors are still using Hormone Replacement Therapy (HRT) for osteoporosis prevention, I find it much too risky. These HRT drugs are synthetic hormones and have been linked to cancer, primarily breast cancer. There are natural alternatives becoming more readily available.

Some doctors and nurse practitioners are now offering Bio-Identical Hormone Replacement Therapy.

These are not synthetic hormones and are much safer than regular HRT drugs. Look for a Natural Practitioner or Compound Pharmacy in your area for more information on Bio-Identical Hormones.

Some people have begun supplementing with DHEA for hormone balance. It is still important to have your hormones closely monitored when taking this supplement. I usually recommend Pregnenolone at a very small dose of only 5-10 mg a day instead of DHEA. It has the same benefits of DHEA with fewer side effects.

## Exercise for Strong Bones

Healthy bones make for a healthy future and building healthy bones can be as simple as exercise! Exercising is the number one way to build and maintain bone density. Doing some sort of weight bearing exercise at least 3 times a week builds bone density.

Weight bearing exercises cause your body to work against gravity. Weight lifting, stair climbing, hiking, and walking are all great examples. The force of muscles pulling on the bone stimulates bone formation. Start out slowing using low weight like 1-5lbs dumbbells and always remember to stretch before and after your workout to prevent injury. Using a personal trainer is a great way to motivate yourself and to learn how to exercise safely and correctly.

Not only is exercising virtually cost free, you are also strengthening your cardiovascular system, create strong bones, building lean muscle, and burning fat!

## Cracking the Osteoporosis Code

Although the numbers may seem stacked against you, there are always natural ways to avoid becoming a statistic of bone loss. Healthy eating, exercise, and the right supplements can be the very combination you need to unlock your body's potential to prevent and reverse osteoporosis.



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# **Grandma's Cure Corner:** **Osteoporosis: Old Bones in** **Young Bodies** **By Grandma Barton**

**H**ollywood, magazines and fashion models seem to make a statement — and standard — that being skinny is beautiful. Many young girls who want to look attractive seem to think being underweight is healthy and becoming skinny as models will make them more beautiful. However, one of the many side effects of being underweight, besides a lower immune system and low blood pressure, is osteoporosis.



Celebrities who appear regularly on the cover of magazines, or as guests on talk shows, have faces and bodies that hordes of young women are tempted to emulate. But “a delicate beauty” or “wafer-thin” slim physique are simply maintained via diet and exercise, or so we are told.

We read about strict diets, macro-biotic diets, dairy-free diets, vegan diets, no processed foods allowed diet and strict versions of “ultra-healthy” habits. Add heavy exercise routines, which include 2-hour workouts every day and where calories are pouring out sweaty skin. Sounds great, right?

Then how come many “roll models” are diagnosed with osteopenia before they hit 40 years of age?

A low-calorie, dairy-free diet with tons of exercise and lack of sunlight can head a young woman down the road to osteoporosis.

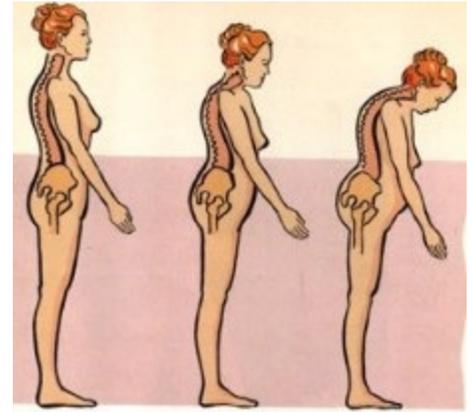
Is bone loss the price you want your beautiful daughter or granddaughter to pay for the ultimate “ideal” body shape?

Teens, tweens and young adults idolize celebrities, models and TV or movie stars in designer clothes. But, there is long-term health damage happening underneath the “skinny” jeans, leggings, short shorts and tank tops.

Don't be fooled. Even high school girls can develop osteoporosis in today's media-driven culture. “Skinnier is better” is a message to fight because paying the price of excessive dieting and exercise to the extreme causes lower estrogen production and can eventually lead to osteoporosis.

Estrogen is needed to help keep bones strong. Without it, bones

can become thin and brittle, which is why women in menopause can experience a drop in bone density. On the other end of the spectrum, young girls achieve approximately 90% of their bone mass by the age of 18. Osteopenia is increasingly a commonly recognized sign of an eating disorder in young adults across the country. When a young woman's body should be increasing bone growth, heavy exercise and poor dieting can fail to develop strong bones during her critical growing periods.



Broken bones are a huge price to pay for style. Check in with your young daughters or granddaughters to find if she is working towards a particular body type. Skinny is not better, nor are osteoporosis symptoms: bent back, broken hip, vertebrae compressions and fractures. Osteoporosis is not an old lady's disease. It is the future of models, celebrities and actresses – but not for your precious daughters.

The truth is the more bone you can lay down before 30 years of age, the more bone you maintain through your 30s and 40s. In order to maintain bone health in your later years, you need to set the stage in the beginning. Now let's find out how diet can both help your bones – and hurt them.

- **Calcium:** A large part of your bones consist of calcium, which is also needed for your heart and nerves to function. If you diet lacks sufficient calcium, then your body starts extracting it from you bones in order to run the rest of your systems – and osteoporosis a result. Good sources of calcium are found in almonds, ricotta cheese, and fortified cereals or drinks.
- Like Robin to Batman, **vitamin D** is to Calcium. Vitamin D is one of your chief defenses against bone loss and without Robin, Batman can't do his job. Exposure to sunlight is nature's best form of vitamin D, but diet comes close in second place. Thankfully, calcium-rich foods can also be high in vitamin D. Try dairy, eggs, and fish for good sources.
- **Protein:** While your bones are mainly calcium, they're also 22% protein. Protein is a key element in bone remodeling (the constant cycle of bone breakdown and rebuilding), and as such is critical in maintaining bone health. Try to stick to lower-fat/unsaturated fat sources of protein. For instance, if you're eating meat, choose key or chicken instead of beef or pork. Nuts are another good source of healthy protein. For vegetarians, beans, peas and lentils are all good protein sources.
- **Magnesium, potassium, vitamin K, vitamin C, and vitamin B12:** All of these vitamins and minerals play small, but key roles in protecting you against **osteoporosis**.



- When the **pH level in your blood** – its acid/alkaline balance – tips towards the acidic side, calcium is leached from your bones. Fruits and vegetables, when metabolized in your body during digestion, increase your blood's alkalinity, thus helping prevent bone loss.

So, now that we've covered the types of foods that help your bones – how about those that can actually cause your bones to break down?

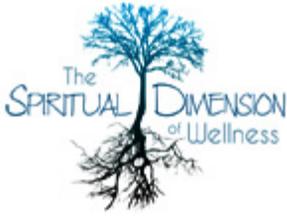
- **Stop Shaking the Salt!** Over time, salt robs your bones of calcium. For every 2300mg of sodium you consume, you lose about 40mg of calcium. And the typical American diet includes way more than 2300mg of sodium. One key thing you can do to lower sodium consumption: avoid processed foods as much as possible. Deli meats, canned soup and vegetables, and frozen meals can all be high in salt.
- **Skip the Soda!** Numerous studies have found that carbonate beverages increases the probability of bone fractures in young teens because the phosphoric acid present in most sodas/pops causes calcium loss – your urine excretes calcium faster than it can be absorbed.
- **Cut out the Caffeine!** The caffeine in many soft drinks leaches calcium from your bones: you lose about 6 milligrams of calcium from your bones for every 100 milligrams of caffeine ingested.

Societies throughout the ages have had different ideals for female beauty. Greek statues and paintings reveal a fantasy many young women try to achieve. Don't let it become destructive and let a young beauty be in pain with osteoporosis.

The unknown affliction of osteoporosis spreading among teenagers can be silent and costly. Encourage maximum bone health in young women by completing and filling years with energetic activity, healthy diet and knowledge.



**Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.**



# Envy Rots The Bones

By Steven Hickey

## Grandma Was Shrinking From Osteoporosis



Growing up, a holiday ritual in our home was to line all the children up against the door frame of the dining room and mark how much taller they were since that same time the year before. My grandmother was always impressed by how tall we were getting and I can remember how proud I was the day my mark was higher on the door frame than her mark.

The next year we noticed her mark was even lower than it was the year before and we all giggled because *grandma was shrinking*. We laughed, but it was not funny to her. The next year she refused to stand in the door frame to be marked and instead she made the comment that the reason her mark was lower was because our old house was settling.

What actually was happening is she was suffering from osteoporosis. For her funeral service years later, we put together a picture loop of her life and it was stunning to see how tall she was in her earlier years. Gravity takes its toll on us as we get older and normal aging includes some bone and stature loss.

## Good Bone Health is Matter of Life Or Death

It says in Ecclesiastes 12:1-7, “Remember your Creator in the days of your youth, before the days of trouble come and the years approach when you will say, ‘I find no pleasure in them...’ ...when the keepers of the house tremble and the strong men stoop...” This passage is an elaborate metaphor describing the aging process and in this verse, in particular, it describes how those who once stood strong and tall, now stoop.

To oversimplify, we leave this world as we come into the world – fragile. Our bones provide the framework for the body as wood gives structure to a house. Over the years, wood naturally breaks down and begins to sag and settle. However, there are things that can speed up this breakdown, things like termites, dry rot, and exposure to water and weather. In similar fashion, this thinning of bone tissue and loss of bone density that we call osteoporosis is a disease that speeds up the break down of our bones. This issue of Home Cures That Work is full of natural health remedies that will

help slow down and stop osteoporosis, as well as strengthen your bones. My concern is always that we only treat symptoms and never address root causes, many of which are spiritual in nature.

My mother died of multiple myeloma. Six years after a lung transplant and taking maximum doses of anti-rejection medicines, her kidneys ceased to function properly and her bones stopped producing blood. It was remarkable to me at that time realizing how important the bones are to life. The heart may seem most important but, in fact, the bones manufacture the blood, which is the life of the body. The Bible says, *“The life of every creature is its blood.”* (Leviticus 17:14) When we understand the spiritual reality of the life being in the blood and the fact that bones make blood, good bone health becomes a matter of life or death.

## Disdain for Others Attacks YOUR Bones

Proverbs 14:30 tells us, *“A heart at peace gives life to the body, but envy rots the bones.”* Each month the aim of this column is to uncover some of the root causes of physical ailments. There is no doubt we are spiritual beings as well as physical beings and it is almost universally known that the physical and spiritual are very interrelated and interdependent. Things that eat away at us spiritually and emotionally eventually eat away at us physically. With that as a basis, this verse lists envy and jealousy as a root cause for osteoporosis.

Envy is a measure of displeasure or uneasiness at the success of others. Another definition is that envy is the painful or resentful awareness of an advantage enjoyed by another. We all struggle with envy at various times in our lives.



My grandmother was an early widow. For years her only son and his family lived several states away. There is no way I can determine if or how much she was dealing with envy in her heart. What I do know is that all her friends had companions, kids and grandkids in the same town. Yet, she was alone. Not knowing for sure, my point is merely to illustrate how easily envy creeps in. When envy is allowed to develop in our hearts, and according to the Bible, the physical manifestation is evident in how it eats away at our bones.

## Thankfulness Brings Healing to Your Bones

### Grandma's Tips

Thankfulness is best when expressed vocally and creatively. Tell someone what you are grateful for and create a way to celebrate your appreciation!



Proverbs 17:22 says, *“A cheerful heart is good medicine, but a crushed spirit dries up the bones.”* A crushed spirit describes a person who has been broken down by the weight of life's disappointments. When others have enjoyments that have

been elusive to us, envy can rear its head in our hearts. A grateful and glad heart is the opposite of an envious heart.

Disappointments depress us emotionally and it's more than a cliché that we can appear as if we have the weight of the world on our shoulders. Those who struggle with severe osteoporosis literally break their backs easily and deal with the pain of compression fractures. The point of this article is that emotional weight is often to blame.

Proverbs 16:24 says, *Pleasant words are a honeycomb, sweet to the soul and healing to the bones.* Some translations say *gracious words* or *grateful words* are like honeycomb.

Honeycomb is a Biblical metaphor for a structure that supports the sweet things of life. Thanking God for what we do have is the antidote to envy and brings healing to the bones.



**Steve Hickey, is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell's organization, a police chaplain, and is very active in politics as a national voice for the unborn. He's written several books, including his latest, *Momentum: God's Ever Increasing Kingdom* [www.MomentumHandbook.com](http://www.MomentumHandbook.com). Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or to submit a prayer request visit: [www.ChurchAtTheGate.com/prayer.php](http://www.ChurchAtTheGate.com/prayer.php)**



*Weight*  
**LOSS**  
*Corner*

## Ponce De Leon - We Got it! The Good Life!

Declining fitness was once expected at about age 35 – now we know it doesn't have to.

Why grow old gracefully? Even though Ponce de Leon's efforts to find the fountain of youth were futile, many individuals have continued his crusade.

Aging is a fact of life, and surprisingly, scientists do not know a great deal about this process. For most individuals, the celebration of their 35 birthday begins to mark the decline of physiological functions.



So you've slacked off a bit and avoided exercise.

Maybe your job demands too much of your time or you simply fell out of the routine. I have news for you. Whether you've taken off one year, ten years or haven't exercised a day in your life - it's never too late to start.

You see there are problems with living a life devoid of exercise. Big problems. Your weight rises along with your blood pressure and cholesterol. Your muscles and joints degenerate at an astounding rate leaving you with daily aches and pains. Your body becomes weak, making you susceptible to all kinds of medical issues. Your body stores more fat, time to react lengthens, endurance weakens, osteoporosis sets in, flexibility decreases and joint bones crush. But, with exercise, change how you age.

### **How Your Body Changes**

- Increase in your fat storage with a reduction in muscle and bone mass results in an elevation in percentage of body fat. A large part of these changes can be accounted for by a less active lifestyle and exercise, and a drop in basal metabolism. This means that fewer calories are required to maintain body weight, while at the same time, fewer calories are expended.
- Decreases in reaction time can be observed under laboratory conditions, but you probably won't notice this unless you are in your 50's. This slowing is a result of decreases in nerve conduction velocities and an increase in the time required for the brain to process the information and to select the appropriate response.

- The amount of blood your heart can pump per minute also declines along with an individual's maximum breathing capacity. These factors explain why endurance capacity decreases.
- Women are particularly prone to osteoporosis or the thinning of bones. This problem can begin as early as age 25, and speeds up as menopause is approached. It is during the first few years after menopause that the rate at which bone density is lost is tremendously accelerated.
- Decreases in flexibility result from a loss of elasticity in the connective tissue. That's one of the main reasons which explains why a person will experience initial joint stiffness after being idle or remaining in a set position for a relatively short period of time.
- The wearing away of the cartilage which attaches to the ends of the bones, will affect everyone sooner or later. Some evidence suggests that activities which demand repeated pounding, or those which require extremely heavy loads to be moved, place tremendous stress on the joints and tend to accelerate this process.



## Exercise For Youth

Before you give up all hope and flood the personnel department with requests information about early retirement, results of studies which compare sedentary and active people whose ages from 40-80 years old are encouraging.

The research suggests that you use it or lose it. Exercise strengthens the heart and reduces your risks of cardiovascular disease, as well as osteoporosis. Information does suggest that exercise can postpone the onset of normal age-related deterioration. Exercise improves blood flow to the brain.

Well-designed exercise programs are important for all individuals, but they take on even greater emphasis as one ages. The body is less forgiving when over-used and requires a longer period of time to fully recover from work.

## Why Should I Start Now?

You've heard about the benefits that consistent exercise bring, but what if you haven't been consistent? Should you even start at all? This has been the subject of many medical studies and the results are unanimous:

Exercise helps improve your quality of life, even if you start late.

Researchers are constantly finding new benefits to consistent exercise. It's no wonder that Dr. Robert Butler, of the National Institute on Aging, once said *"If exercise could be put into a pill, it would be the single most prescribed medicine in the world."*

Imagine if a pill could offer all of these benefits (without harmful side effects):

- Substantially reduces the risk of coronary heart disease and osteoporosis
- Decreases the risk for stroke, colon cancer, diabetes and high blood pressure
- Helps to achieve and maintain a healthy body weight
- Contributes to healthy bones, muscles and joints
- Helps relieve anxiety and depression
- Promotes well-being and reduces stress
- Is associated with fewer doctor visits, hospitalizations and medications
- Helps prevent and treat chronic medical conditions associated with old age
- Increases energy levels and promotes sound sleep
- Strengthens immune system



I know that I would take that pill - wouldn't you? Exercise may not be something that you can gulp down with a glass of water, but it will offer you all of the above benefits that can greatly enhance your quality of life.

## **Excuses, excuses, excuses...**

I know what you are thinking. Those benefits sound great, but I can't exercise because:

- Exercise is painful. Not if you do the type most suitable for you.
- Exercise is boring. Most people who exercise find it to be quite enjoyable.
- Exercise takes too long. It only takes 30-60 minutes a day.
- Exercise is confusing. Not when you work with a trained professional (me).
- Exercise is for young people. Studies have shown that exercise is for all ages.

## **Get Started the Right Way**

Many people have started an exercise program only to quit days later. Now that you have decided that exercise may be worth your time after all, ensure your success with the following tips:

### **Make a Commitment**

You know the meaning and value of a solid commitment. It's in your blood. So don't view exercise as something you will merely try. You will only reap the true benefits of exercise when you stick with it.

A great way to reinforce your commitment is to solicit the support of your friends and family. Tell them how you plan to improve your health and quality of life through exercise - who knows, they may join you.

## Set Reachable Goals

This is an immensely important ingredient to your success. Don't start your exercise program with unreasonable expectations. If you expect to lose all of your unwanted pounds and fat, drop your blood pressure and cure your joint pain all in one week then you will be sorely disappointed. Remember that it took years for your body to fall out of shape so it makes sense that it will take some time to regain it. The key to unlocking all of the benefits of exercise lies in one word: consistency. Only then will your body be transformed.

## Rearrange Your Schedule

They say that you can't teach an old dog new tricks. This may be because his schedule simply didn't allow for it. The truth is that as we age there is a tendency to become 'stuck in our ways.' The thought of rearranging your schedule may leave you a bit squeamish.

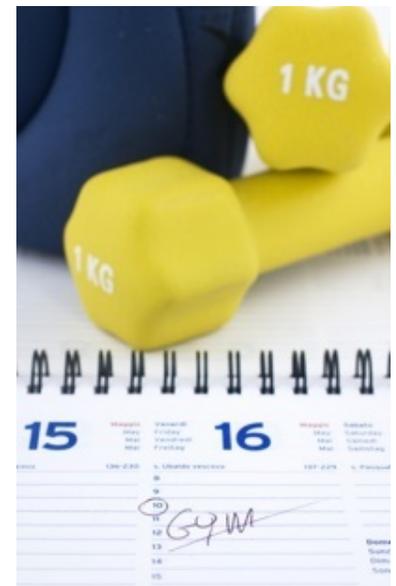
Remind yourself that exercise is worth your time and then think long and hard about your daily schedule. The fact is that you do have time to lend toward exercise - you simply need to find it. Set aside 30-60 minutes for exercise and then stick with it.

## Increase the Challenge

You should start your exercise program with the thought of easing into it. Since you haven't exercised in awhile your body will need to build up strength and endurance. Consider a car that has been sitting in your garage for years. You wouldn't turn it on and instantly slam down on the gas would you? You need to warm it up.

However, this warm up period should not last forever. Your body has an amazing ability to adapt to new challenges and will grow complacent when asked to do the same exercises over and over. When your routine begins to feel easy take that as a hint to increase the challenge.

Don't let another day pass you by. You deserve the good life. Take action now.



**Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book Mind Over Body: The Key to Lasting Weight Loss is All in Your Head! He offers world-class advice on health and fitness, inner balance and stress management, and achieving one's full potential the inner keys to extraordinary performance. An inspiring message of hope and achievement, based on his own extraordinary story. For more information, visit: [www.NordineZ.com](http://www.NordineZ.com)**

*Anti-Aging  
Care*



## **Best Time for Fitness**

**A**t what time in your life is fitness most important?

Today.

And it will be even more important tomorrow if health and longevity are your goals.

We get away with a lot when we are young. Our bodies are very forgiving. But as we age, if we want to avoid sickness, disease, immobility and dependence, fitness becomes increasingly important. Paradoxically, most of us exercise more, much more, when we are young. It's a little easier, we have more time, and lots of it comes with play.

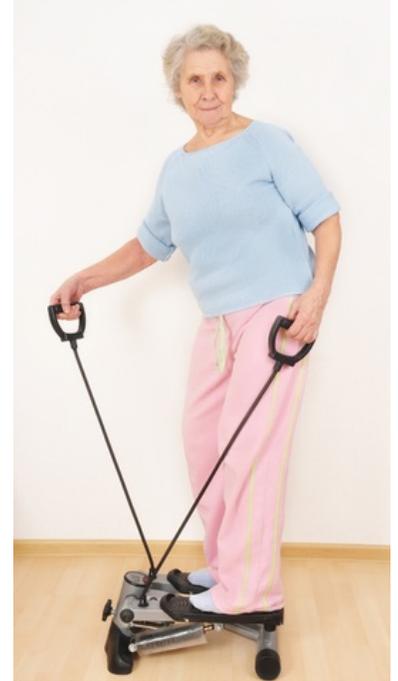
A recent article in USA Today by Janice Lloyd tells us that after 65, we should stay fit to stay healthier. But that applies to the after 45's and 55's, as well.

Ms. Lloyd cautions Baby Boomers to think again if they're longing for a sedentary old age.

She reports that "health experts at the annual meeting of the Gerontological Society of America shed new light on exercise's value as a strong tool in combating diseases often associated with aging."

"How you live after age 65 is vitally important," says Laura Carstensen, director of the Stanford Center on Longevity. "Up until then, a healthy life is dominated by your genes. After that, it's predominantly about lifestyle. Exercise and nutrition become more important."

Alzheimer's and cardiovascular disease, sarcopenia, osteoporosis, obesity, arthritis, and certain cancers appear more often in later life. To help fight dementia, play memory games if you want, but it might be better to "invest in a good pair of walking shoes," says Peggye Dilworth-Anderson, the gerontology society's president and a board member of the national Alzheimer's Association. That thinking is consistent with a study reported by University of Pittsburgh researchers in October showing older adults who walk 6 to 9 miles a week to stay fit have a lower risk for cognitive decline later.



One session at the meeting attempted to show how physical activity fitness can restore muscular strength in the elderly. The current genome study by Simon Melov of Buck Institute for Age Research in Novato, Calif., compares the genes of a young person whose leg is immobilized for two weeks in a brace with the genes of an older person who suffers from sarcopenia, a muscle-wasting disease affecting old people. Both age groups responded successfully to exercise and made improvements. But no one has to run a marathon to regain strength. Walking down a hospital wing can jump-start improvement, according to LaDora Thompson of the University of Minnesota's department of physical medicine and rehabilitation.

She studied how physical therapy can reverse the damage of inactivity. Even standing and walking improve muscle strength.

Cancer patients have traditionally been advised to back off exercise and let their bodies rest and recover, but health experts here discussed new research that shows the benefits of exercise for people undergoing treatments.

One reason for all this emphasis on physical activity is the USA's rapidly aging population. Life expectancy has soared to 79.9 years. Boomers currently have a 50% chance of being alive at 85. "Our job is to make use of the added years," says Carstensen. "It would be immoral to receive this gift and squander it."

Report-after-report, study-after-study, confirm these findings with health experts. What they don't mention, and what almost everyone overlooks, is the overriding reason to stay fit. It could be your key to super-longevity and maybe even open-ended, disease-free youthfulness.

The reason most overlook this is they take a linear approach to the future. They assume the future will simply be an extension of the past. So they project incremental gains in lifespan, and they never consider emerging rejuvenation technologies which will translate to age-reversal. They don't take into account the fact that progress is growing exponentially and is leading to limitless growth.

But you know better, and that's why you're going to hit the gym first thing tomorrow morning, isn't it?



**David Kekich (Living Healthy to 120: Anti-Aging Breakthroughs) is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: [www.MaxLife.org](http://www.MaxLife.org). David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.**

## Joan Rivers: Facing Osteoporosis With Humor

Joan Rivers is quoted joking about osteoporosis, “My bones click so much that dolphins try to pick up on me.” However, osteoporosis is no laughing matter! But, leave it to celebrity Joan Rivers to make light — and make progress — with the disease.



At the light age of 64, Joan went in for a complete work up and results of a bone density test revealed she could fall down the stairs, not because she would trip but, because her bones might break. Osteoporosis hadn’t shown any signs or symptoms, yet it was stalking Joan’s life waiting for an opportunity to make a wisecrack of its own: snap, crackle, pop!

The Queen of comedy has some surprising one-liners in response to the nosebleed section of osteoporosis that has tried to “boo” her off stage:

- Walk everywhere
- Choose the stairs over the elevator
- Exercise 3x/week with weights
- Take nutritional supplements

This regime has served to not only strengthen Joan River’s bones, but strengthen her stage presence. Joan became an Ambassador for the National Osteoporosis Foundation and champions reversing the symptoms of osteoporosis.

Known for her love of jewelry, and wearing a myriad of beads and bangle bracelets on her arms, Joan says osteoporosis prevention can help women “avoid having a walker become one of their ‘must-have’ accessories.” She suggests, “A few extra laps while shopping and have a latte decaf rather than plain coffee” to ensure women get their daily dose of exercise, calcium and vitamin D.

Diet is an important part of osteoporosis prevention. Calcium-rich foods supplemented with vitamin D include yogurt, cheese, milk, sardines with bones and green, leafy vegetables.

Joan Rivers humorously points out that while people look beautiful on the outside they should be paying more attention to keeping their bones strong. After all, beauty is bone deep!

Let the last laugh be on osteoporosis!



## Product Review: Vitamin D Effectiveness, Benefits and Safety

### What is Vitamin D?

Vitamin D is a steroid vitamin, a group of fat-soluble prohormones, which encourages the absorption and metabolism of calcium and phosphorous. There are two major forms of vitamin D: D<sub>2</sub> (ergocalciferol) and D<sub>3</sub> (cholecalciferol).

People who are exposed to normal quantities of sunlight do not need vitamin D supplements because sunlight promotes sufficient vitamin D synthesis in the skin.



Vitamin D<sub>3</sub> is produced naturally in human skin exposed to ultraviolet B light and occurs in some animal products, such as cod liver oil, and, in smaller amounts, in other fatty fish such as herrings, mackerel, sardines, and tuna. Vitamin D<sub>3</sub> is the most common form used in dietary supplements and is the form generally used to fortify foods such as milk (which naturally contains a small amount of vitamin D<sub>3</sub>), orange juice, cereal and yogurt.

### What do we need Vitamin D for?

- Vitamin D regulates the amount of calcium and phosphorous in the body, partly by controlling their levels of absorption.
- Vitamin D treats and prevents rickets in children and osteomalacia (bone softening) in adults.
- Vitamin D is an immune system regulator.
- Vitamin D may be an important way to arm the immune system against disorders like the common cold.
- Vitamin D make have a key role in helping the brain to keep working well in later life.
- Vitamin D is probably linked to maintaining a healthy body weight.
- Vitamin D has been shown to reduce the risk of developing rheumatoid arthritis in women.
- A form of Vitamin D could be one of our body's main protections against damage from low levels of radiation.
- Various studies have shown that people with adequate levels of vitamin D have a significantly lower risk of developing cancer, compared to people with lower levels.
- High vitamin D status provides protection against Parkinson's disease.
- Lower levels are also associated with a higher risk and severity of depression.
- Higher serum vitamin D levels are associated with a reduced risk of allergy in children and

adolescents

- Taken with calcium, vitamin D can help decrease post-menopausal bone loss and prevent osteoporosis (loss of bone density), as well as improve tooth retention in the elderly.
- In girls ages 9 to 13, regular supplementation with calcium and vitamin D has been shown to significantly increase bone density and bone strength (measured in arms and legs) compared to placebo.

## Approved Vitamin D Product List

Independent lab tested 28 Vitamin D supplements, but only 20 products passed. Eight (8) Vitamin D supplements were found unsafe for consumption, 5 of these due to incorrect labeled amounts of Vitamin D:

- *DEVA Vegan Vitamin D 800 IU* contained only 664 IU of its listed 800 IU of vitamin D2 per tablet.
- *Kirkman Calcium/Magnesium Liquid* contained its listed amount of calcium but only 18 IU of its listed 41 IU of vitamin D3 per 10 mL serving.
- *vitafusion Vitamin D3* contained only 317 IU of vitamin D3 per 2 gummy bear serving 31.7% of the listed 1,000 IU.
- *Li'l Critters Calcium Gummy Bears with Vitamin D*, a childrens product, contained much more vitamin D2 than listed. A two gummy suggested serving contained 501 IU of vitamin D2, 251% of the claimed 200 IU of vitamin D.
- *DaVinci Laboratories of Vermont Vitamin K2 Plus* contained its listed amount of vitamin D but only 36.8 mcg of its listed 50 mcg of vitamin K2 per capsule. (A similar deficiency was found in this product when tested in 2009 when ConsumerLab.com reported finding only 63.4% of the claimed amount of vitamin K2.)

The other two vitamin D supplements were tested by an independent lab and found to contain lead, therefore making them unsuitable for use:

- *AlgaeCal Plus* contained 3.9 mcg and 5.2 mcg of lead, respectively, in suggested servings of 3 and 4 capsules.
- *Pure Essence Labs Ionic-Fizz Super D-K Calcium Plus* contained 2.1 to 4.1 mcg of lead, respectively, in suggested servings of 1 to 2 scoops of powder per day.

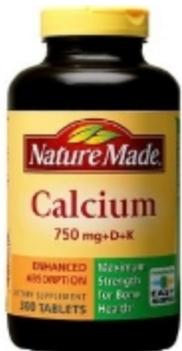
Among products that were approved, those with the lowest cost to obtain 400 IU of vitamin D were the following,

- Vitamin D Only: *NSI Vitamin D Drops* (0.2 cents). *GNC*, *Kirkland Signature*, *Swanson*, and *Vitamin Shoppe* also had products costing less than one cent (0.4 to 0.9 cents) per 400 IU of vitamin D
- Vitamin D and Calcium: *21st Century D-1000* tablets (2 cents)
- Vitamins D and K: *Vitamin Shoppe M.D. Select Dr. Ronald Hoffman Advanced Vitamin D3 and K2* capsules (5 cents)
- Vitamins D and K and Calcium: *Nature Made Calcium 750 mg+D+K tablets* (8 cents)
- Childrens Vitamin D and Calcium: *Flintstones Plus Bone Building* chewable tablets (14 cents)



The following are approved and safe vitamin D supplements:

- Country Life Vitamin D3 (1 softgel, 1 per day)
- GNC Vitamin D-3 1000 (1 tablet, 1 per day)
- GNC Vitamin D-3 2000 (1 tablet, 1 per day)
- Jamieson D (1 tablet, 1 to 2 per day)
- Julian Whitaker, M.D. Vitamin D (1 softgel, 1 to 2 per day)
- Kirkland Signature Vitamin D3 2000 IU (1 softgel, 1 per day)
- Life Extension Vitamin D3 (1 capsule, 1 per day)
- Nature's Bounty Super Strength D-2000 IU (1 rapid release softgel, 1 per day)
- Nature Made Maximum Strength Vitamin D 2000 IU (1 tablet, 1 per day)
- Nature's Sunshine Vitamin D3 (2 tablets, 1 to 2 per day)
- NSI Vitamin D Drops (1 drop liquid [0.03 mL], 1 per day)
- Rainbow Light Vitamin D3 1,000 IU Sunny Gummies (1 gummy, 1 per day)
- Rite Aid Vitamin D-3 (1 tablet, 1 per day)
- Solgar Vitamin D3 (Cholecalciferol) 1000 IU (1 softgel, 1 per day)
- [Swanson High-Potency Dry Vitamin D-3 \(1 capsule, 1 per day\)](#)
- Trader Joe's Vitamin D (1 softgel, 1 per day)
- [Vitamin Shoppe Liquid Vitamin D3 5000 IU \(5 drops liquid \[0.16 mL\], 1 per day\)](#)
- Wellesse Vitamin D3 (2 teaspoons liquid [10 mL], 1 per day)



The absorption of these Vitamin D aids in building strong bones and teeth and may protect the body from osteoporosis, autoimmune diseases, hypertension and cancer. Vitamin D deficiency can result in osteomalacia, which not only results in weak bones, but weak muscles as well. When you buy a health product, you want to make sure that it's the best one for you and reading our reviews will help you discover all the benefits of Vitamin D and more information on how it can help you fight osteoporosis.

Visit the Home Cures That Work [Amazon Store](#) to choose your Vitamin D supplement perfect for you.



## **Product Recommendation: Joint Pain? You need to read this about Rub-on-Relief!**

Besides another season of "The Real Housewives Of Miami," there's one other thing we couldn't mind seeing go away...

...pain!

Many of you have suffered from joint pain (lower back pain or right knee, anyone?). Age and "wear and tear" can erode the body to where pain relief is a constant consideration in daily life. It may not be debilitating (thank goodness), but it is certainly something you have to manage.



Well, recently there was a discovery of a little-known "powerhouse" compound that's backed up by some impressive studies and undeniable proof.

In fact, in a study conducted by the University of Connecticut, they found that it delivered long-lasting relief to 100% of participants in the study.

That means EVERY SINGLE PERSON found the relief they were searching for.

How is that possible?

Well, the compound is called *Cetyl Myristoleate* and when applied to the body, it has the unique ability to:

- Apply continuous lubrication to the joints
- Cushions the joints from everyday wear-n-tear
- Actually repairs damaged cell membranes by increasing cell membrane fluidity and elasticity!

In layman's terms, it gives you fast, immediate relief by cushioning and lubricating your joints... and it gives you long-term pain relief by repairing the damage that is causing your pain.

Unfortunately, Cetyl Myristoleate in any form can be hard to find and by itself can cost a king's ransom.

Thankfully, Jesse Cannone, founder of "The Health Back Institute" (and legend in the back pain industry) has developed a proprietary formula that combines Cetyl Myristoleate with other natural pain-relieving compounds.

It's super easy to use and Jesse just put it on sale for this month for Home Cures That Work readers at 50% off at their website:

[www.Rub-On-Relief.com](http://www.Rub-On-Relief.com) <= 50% off this month only!

It works waaaaay better than temporary pain relievers like "icy hot" and dangerous NSAIDs.

Rub-On-Relief is a short- AND long-term pain reliever.

I highly recommend you take advantage of this month's sale to try it out yourself.

You can see all of the details on why this formula works so well for back pain, knee pain and achy joint pain at:

[www.Rub-On-Relief.com](http://www.Rub-On-Relief.com) <= 50% off this month only!

Enjoy being pain free and...

Look great...feel great...BE GREAT! ;-)

P.S. If you're still skeptical, you can try Rub-On-Relief for 30 days and if it's not everything I said it is, you can even return it for a full refund.

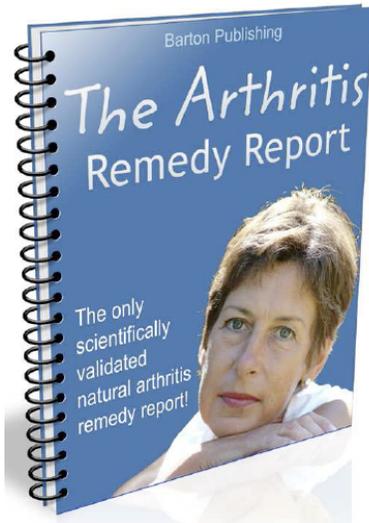
In other words, there's nothing to lose but the pain. :-)

**Check it out now at:**

[www.Rub-On-Relief.com](http://www.Rub-On-Relief.com) <= **Try it for 30 days with no risk!**



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## Free Remedy Report: Arthritis

**Natural remedies for arthritis can help and even cure arthritis pain without the risk and negative health effects of conventional drugs.**

In this month's FREE report, you'll learn the Arthritis Basics:

- Why does arthritis occur?
- Arthritis Basics: What is the difference between Osteoarthritis and Rheumatoid Arthritis?
- Preface to the Natural Treatment: A small note of encouragement.
- Your Diet Makes the Difference: Why you should NEVER neglect nutrition!
- Water: The Fountain of Youth.
- Your Body: What your body needs to be healthy.
- Arthritis Drugs: A quick overview on various drugs and their harsh side effects.
- An explanation of various natural treatments for arthritis and the science behind them.
- How to prevent future occurrence of arthritis.

If you are prepared to change your life by taking these positive steps toward better health, you are assuring yourself of an improved chance to become arthritis free for life.

Get Arthritis-Free TODAY and download your Complimentary Copy of **The Arthritis Remedy Report** **HERE:**

<http://www.homecuresthatwork.com/members/access/free-reports/ArthritisRemedyReport.pdf>