

Osteoporosis

There are 206 bones in the adult human body. Along with cartilage, those bones comprise the entire skeletal system and their strength is imperative to good health. Bones are dynamic, ever changing tissues and just like all other body tissues, are constantly breaking down, reforming and reabsorbing. The denser the bones, the stronger they are.

Bone mass peaks around the age of twenty-five and begins a gradual decline. As we get older, the ratio of breakdown and reformation changes. Bone breakdown can eventually exceed bone formation. This change in ratio is higher in postmenopausal women - the rate of bone loss is often much faster after estrogen levels begin to decline. While the effects of osteoporosis are often seen in the elderly, the disorder usually starts progressing from middle age on. It is important to have a good foundation early on to maintain healthy bones late in life.

What is Osteoporosis

Osteoporosis is a disorder of the bones in which the bones become brittle, weak, and easily damaged or broken. It is a decrease in the mineralization and strength of the bones over time. Also referred to as 'Porous' and 'fragile bones'. Osteoporosis strikes 1 in 3 women, and 1 in 5 men.

Those with osteoporosis are at increased risk of:

- Fractures of the hips
- Fractures of the wrists and vertebrae
- Height loss
- Chronic pain

Prevention is the name of the game for bone health. It is never too early, or too late, to modify your daily routine to support your bones.

What to DO

Bone health is greatly influenced by a **complex web-like interplay** of a variety of factors ranging from:

- dietary intake to
- hormonal levels, and
- from digestive ability to
- mental-emotional stress

The attainment of optimal bone health necessitates a holistic approach.

1. Dietary prevention

One of the best ways to achieve healthy bones is a diet rich in fresh, **raw whole foods that maximizes natural minerals** so that your body has the raw materials it needs to do what it was designed to do. To maintain your bone health you should eat at least seven to eleven servings of **fruits** and **dark green vegetables each day**. The **potassium** and **magnesium** in plants protects the bones. Broccoli, spinach and kale are very good.

Consider supplementing with **BarleyLife**. It contains vitamin K which serves as the biological "glue" that helps plug the calcium into your bone matrix. BarleyLife contains alkaline potassium, wonderfully effective for preservation or reversal of bone density. Be on an **alkalinizing diet** - animal products are acidic, vegetables and fruits are alkaline. Put them together and you should obtain a slightly net alkaline body pH that preserves bone health. Consider taking the whole Garden Trio – that is BarleyLife, Just Carrots and RediBeets. The Garden Trio provides an extremely usable source of calcium. BarleyLife alone contains an average **of 20-25 times more calcium than cow's milk**; the difference

in the **absorption rate** being 80-100% in BarleyLife, and 20% in dairy products (if you are not dairy intolerant). Minimize sugar, soda and refined grains as it is acid-forming and can increase bone damage by depleting your bones of calcium.

2. Add Vitamin D and Calcium

You may be aware that vitamin D and calcium are a powerful duo for bone health, including the prevention of osteoporosis. One of the undisputed benefits of vitamin D is that it helps you **ABSORB** calcium – this link has been known for many decades.

When vitamin D levels has been restored, intestinal absorption of calcium is as much as quadrupled. Optimize your vitamin D3 either from either natural sunlight exposure or by using CalciAIM. CalciAIM is a natural citrus drink mix that provides **free ionic calcium and **bioavailable nutrients** essential to proper skeletal function and overall wellness. Each scoop contains 386 mg of calcium; 38% of the daily intake of calcium, along with support minerals and vitamins such as magnesium, zinc, copper, and vitamins A, C, and D**

3. Consume Essential Fatty Acids

To manufacture sufficient Vitamin D from, unheated, unprocessed, unsaturated fats are required to pick up cholesterol from the blood stream (where your liver dumps it) and transport it to the skin, where the sun converts it to Vitamin D. Best sources of the right fats are avocado, raw nuts and seeds, olives, sweet corn on the cob and cold pressed unprocessed oils or supplement with **AIMega**.

4. Address Imbalanced Hormonal levels

Because estrogen can play a role in maintaining bone density and strength in women, many menopausal women with osteoporosis are prescribed hormone therapy.

I highly recommend the daily use of Renewed Balance Cream.

Natural progesterone can increase your bone strength and density. It does this by serving as a growth promoter for the osteoblasts (the cells that build bone). Renewed Balance Cream may increase bone density by between 2% to 15% per year.

Dip the tip of your finger into the jar (pea-size) and apply to the soft-tissue areas as follows:

PRE-MENOPAUSAL (still menstruating)

- Use last 2 weeks of your monthly cycle
- Start counting 'day 1' from the first day of your period
- On 'day 14' start using the cream daily and stop when your period starts again

MENOPAUSAL (post-menopausal and post-Hysterectomy)

- Apply daily continuously. Rotate the following areas:
- 3 – 4 days as a night-facial ('anti-wrinkle')
- 3 – 4 days neck area
- 3 – 4 days hands
- or use vaginally

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