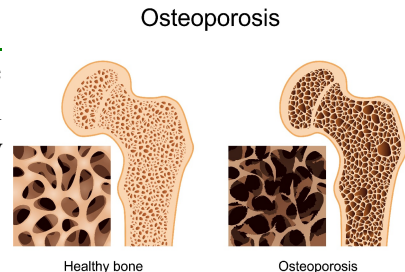


Osteoporosis

Patient Information Sheet

Causes & Mechanism of the Disease

Osteoporosis or “porous bone” is a potentially crippling disease affecting more than 20 million Americans. Postmenopausal women are at particular risk although it can strike females and males of any age. The National Institutes of Health estimate that at least 1.5 million fractures occur each year as a result of osteoporosis.



Bones are composed of living tissues that are constantly remodeling (being broken down and rebuilt). Normal bone metabolism is achieved by the complex interaction of endocrine hormones (particularly estrogen), nutritional factors, and liver and kidney regulatory effects. Over 24 nutrients play a role in bone health with calcium and vitamin D being of particular importance. Predisposing factors include a lack of exercise, a faulty diet low in vegetables and fruits, low calcium - high phosphorus intake, menopause, hypogonadism (diminished function of sex organs), low body weight, long term use of medications such as steroids and thyroxine, thyroid hormones, and others.

Symptoms may include back ache, loss of height, and kyphosis (hump back) although bone loss can occur without any symptoms. It is best diagnosed by DEXA (dual energy X-ray absorptiometry). Medical experts agree that osteoporosis is highly preventable. Physical fitness starting in childhood coupled with a healthy diet helps protect against the disease. Hormone replacement therapy (HRT) is also prescribed to reduce the risk of osteoporosis, however it has been shown to increase the risk of breast and other cancers. HRT may also increase the risk of heart attack and stroke.

Suggested Dietary & Lifestyle Modifications

- Eat a high fiber, predominantly vegetarian diet based on vegetables (especially leafy greens), fresh whole fruits, whole grains, and legumes.
- Limit **refined** carbohydrates (sugar, white flour, white rice).
- Favor fish or poultry over red meat (don't over consume animal protein).
- Avoid tobacco, coffee, alcohol, soft drinks, and foods high in saturated fat (butter, cream, cheese.)
- Drink plenty of fluids (mostly purified water with fresh squeezed lemon juice added if desired).
- Eliminate food additives such as artificial colors, artificial flavors, preservatives, hydrogenated fats, nitrates/nitrites, sulfites, and artificial sweeteners (Nutrasweet/aspartame, Sweet N' Low/saccharine, Splenda/sucralose). Stevia is OK.
- Consume correct amount of calories to maintain a healthy body weight.
- Exercise at least 30 minutes three times per week (concentrate on isometrics and swimming, avoid exercise which may lead to falls).
- Get 10-20 minutes of sunlight per day (avoid sunburn).



Supplements That May Be Beneficial

- Ultra Preventive Capsules or Ultra Vites (high potency multi vitamin & mineral supplement)



- Vitamin D 5,000 + K
- Horsetail (Equisetum arvense)
- Ultra Cal-Mag Chelate*
- French Green Clay
- Custom tincture and essential oil blends as recommended by a trained

Endobiogenic Consultant

**Large amounts of supplemental magnesium may cause diarrhea. Reduce dose if diarrhea occurs. Individuals with kidney insufficiency should not take magnesium supplements.*

Complementary Treatments That May Be Beneficial

- *Ortho Flex Extra* essential oil combination diluted in a vegetable carrier oil or natural lotion and massaged on back and other painful areas.

- place 3-4 drops on a handkerchief and inhale
- use in an essential oil diffuser
- dilute several drops in a vegetable carrier or natural lotion and massage on feet and back
- mix 10 drops into a teaspoon of natural bath gel and add to fully drawn bath

- Massage Therapy
- Chiropractic care (modified for elderly patients)
- Yoga or Tai Chi
- Mind/body medicine



Note: Estrogenic herbs and essential oils should not be used if estrogen dependent cancer or a strong family history of estrogen dependent cancer exists.

Individuals under a physician's care should seek the advice of their physician before taking nutritional supplements or beginning a new exercise program. The nutritional suggestions in this material are not offered to treat, mitigate or cure disease, and should not be used as a substitute for medical care. This information is designed to be used in conjunction with the services of a trained, licensed healthcare practitioner.

References:

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Written by: Annette Davis, C.N, & Jean Bokelmann, M.D. & DelLisa Eddington, N.P.
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6000 S 5th Ave
Pocatello ID 83204

Phone 208-478-8400, FAX 208-232-6018
Phone 877-470-8400 TOLL FREE

info@eimcenter.com
www.eimcenter.com