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### ***Osteoporosis and Osteopenia***

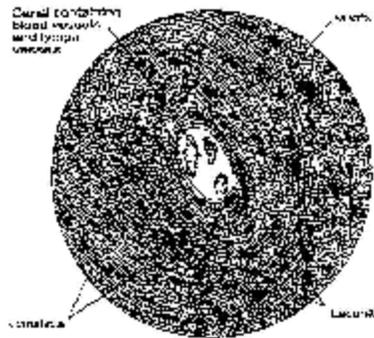
A common concern of most middle aged Americans especially women, is osteoporosis. It is this a fate that we all have to look forward to? The answer to this question is an emphatic **no!**

This topic is kept constantly in our consciousness by Big Pharma advertising with ads from TV actress Sally Field, touting the benefits of Boniva. She tells us how it reversed her bone loss, or did it? So what is the truth about this condition and how can we reduce this risk of hip, rib and vertebral fractures? This will be covered a bit later in this article.

First we need to know a little about our marvelous skeletal system that we have been endowed with and how it works. Bone is considered part of the connective tissue system. It is necessary for our mobility and protection of our vital organs such as the rib cage for heart and lungs and skull and spinal column for the spinal chord and brain. It also is the source of red and white blood cells that carry oxygen and carbon dioxide as well our immune system that fight infection and cancer etc.

We will now look at a cross section of bone showing the Haversian system that makes up the matrix of the bone. This is a lattice make of a matrix of calcium and phosphorus salts inter connected by fine canals call canaliculi that are connected to lacunae that contain the living cells that produce the bone known as osteoblasts and the cells that tear down the old bone know as osteoclasts. The center canal contains blood and lymph vessels and marrow that will form the blood cells.

#### ***Cross Section Of Bone And The Haversian System***



Medically this is being treated with a class of drugs know as bisphosphonates that prevent the loss of bone mass. Some of these drugs that we are familiar with are Fosamax, Boniva, and Actonel. These drugs work by two pathways that bind this substance to bone tissue, first by blocking and enzyme from braking down old damaged bone tissue and the other, and second by causing the osteoclasts to die off and not form new bone.

This allows an unnatural type of lattice to form that is not normal bone, which is not as strong a natural bone that it replaces. This can be likened to replacing a worn out engine part with a used part from a junk-yard rather than a new part directly from the manufacturer. Which do you think will last longer and work better?

The dangers and side effects of this class of drugs are well known, starting with a twofold increase of esophageal cancer, and ulceration of the stomach. Other side effects that have been reported are, severe musculoskeletal pain, serious eye inflammation and possible blindness, liver damage, kidney failure, atrial fibrillation (irregular heartbeat), osteonecrosis of the jaw and palate bone and spontaneous fracture of the femur (thigh bone). The continued use of osteoporosis drugs in the long run weakens rather than strengthens bone.

So what can you do to prevent and reverse osteoporosis or osteopenia? First and foremost is to remain active and get resistance exercises, second is changes in diet that allow for a good supply of calcium to supply your bone with building materials. Finally, to make sure this food and supplementation are absorbed and assimilated from your diet is taking place. Blood work and the use of Applied Kinesiology manual muscle testing and chiropractic treatments to insure the best results can do this.

Diet and supplementation should contain whole food and vegetable juices to insure a rich form of vitamins and minerals. One such food that is shown to increase bone density is onions because they contain gamma-glutamyl peptides also eggs and grass fed meats. Avoidance of processed food such as white flours, gluten of grain products, sugar and soda especially with fructose or corn sugar, and processed vegetable oil such as corn, canola, safflower and soy.

Other foods and supplements should contain a balance of omega-6 and omega-3 fats, vitamin K2 (150 mcg.), Vitamin D3 at levels of 2,000 to 5,000 IU, readily usable source of Calcium such as Ca citrate or Ca lactate, other minerals that require proper balance are Magnesium, Phosphorus, Boron and Strontium.

Drugs that need to be avoided are steroids such as those used to treat asthma and also stomach acid suppressing drugs such as Nexium. What is needed is the need of a supplement that enhances stomach acid production with Betaine HCL so that the dietary calcium can be used by your body to form strong bones. The nonsense of taking TUMS with calcium to get your daily calcium is a lie because it reduces the acid of the stomach and prevents this calcium from being utilized.

Chiropractic spinal and Applied Kinesiology techniques will guarantee the proper working of the nervous system and our muscle and digestive system and will prevent or reverse osteoporosis. However, to reverse this degeneration takes at least one year's time so remember make your appointment to be examined today.