

Osteoporosis

This common condition affects many elderly and young people. It is a common misconception that this is an age related disorder when in fact it is an advanced degenerative metabolic condition arising from serious mineral deficiencies within the body. This condition is characterised by weakened bones causing changes in posture and increasing susceptibility to fractures.

The bodily bones are constantly restoring themselves through osteoblasts and osteoclasts. Osteoblast cells are responsible for rebuilding the bones, and osteoclasts remove old bone and the minerals are absorbed for use elsewhere in the body. When the osteoclasts breakdown bone faster than the osteoblasts can restore the bone the bone becomes less dense and breaks more easily.

Dietary recommendations...

Be sure to include foods high in vitamin D like broccoli, dark green leafy vegetables, kale blackstrap molasses, oats, kelp, oyster, sardines, salmon, soy, sesame seeds and wheat germ.

As a rule consume whole grains and calcium rich foods separately so they don't bind and it's best to take calcium just before bed. Include garlic, onions and eggs for their sulphur.

Supplement Options

Calcium helps to maintain strong bones and is best taken with *vitamin D, magnesium and boron* to increase absorption.

Glucosamine and Chondroitin also help to maintain strong bones and aid the rebuilding of bones and strengthening of connective tissues and ligaments.

MSM aids in the production of new healthy cells and reduces inflammation.

Effective herbs

Feverfew relieves pain and inflammation. *Alfalfa, barley grass, parsley and dandelion* promote strong bone growth. *Horsetail* contains essential silica. *Sage and rosemary* inhibit bone degeneration. *Red*

Weight bearing exercises prevent bone breakdown and