

Healthy Living

Fact Sheet



Dr John G. Clark, MD

Osteoporosis

What is Osteoporosis?

Osteoporosis is a condition in which the strength of the bones is decreased making them more likely to break. It is often diagnosed with an x-ray test that determines how thin the bones are, or if they are deficient of calcium.

Why do the bones become weak or lose calcium?

The acid / base balance of the blood must be kept very steady in order to sustain life. Bones are made weak when calcium is taken from them to neutralize excess acid in the blood that came from foods eaten.



Additionally, in order for the bones to remain strong, they need the physical stress of weight bearing exercise. If you don't use it, you lose it!

Vitamin D is essential for bone health. It is involved in digestion and calcium metabolism. Sunshine is the natural and best way to increase vitamin D supplies within the body.

What are typical foods that people eat that can endanger bone strength and density?

Foods people often eat that produce excess blood acid and remove calcium from bones include: all sources of acid-forming animal protein (cheese, meat, eggs, dairy), soft drinks, vinegar, excess salt, refined sugar, etc. Psychological stress can also increase osteoporosis.

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Natural lifestyle approach

Dietary considerations

Foods high in naturally occurring calcium and which do not contain any animal protein are best. These include dark green leafy vegetables, nuts and seeds. It is important to avoid the calcium thieves; the acid forming foods listed above.

Exercise

Putting physical stress on bones with weight bearing exercise is a must! It is better to walk and stand more than sit during the day. Carry things that increase the workload of the bones. Weight lifting exercises increase bone strength.

Sunshine

In order to increase vitamin D levels it is recommended to get 20 minutes of sunshine over 25% of the skin of the body most days of the week.



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Healthy Body, Happy Mind

Jenifer Skues
Health Psychologist

How Stress Contributes to Osteoporosis

Osteoporosis is thinning of the bones, which can cause breaks, fractures and pain. Stress is a major factor in this serious health problem because when we are stressed over long periods of time we maintain high levels of adrenaline and cortisol. This in turn causes inflammation and toxicity in the brain and the body inhibiting the absorption of important nutrients as well as a loss of essential vitamins and minerals that are important in the maintenance and transportation of calcium into the bones. Hence, bone density deteriorates over time. As most people aren't aware that this is major problem, they try various strategies to improve bone density and wonder why it isn't making a great difference.

Encouragement

*"A merry heart
does good,
like a medicine,
But a broken
spirit dries
the bones."*

2 Timothy 1:7

Magnesium, The Youth Element

An overlooked, essential mineral that we all need is magnesium. It keeps the cells and organs in the body young and healthy. Research shows that 80% of people in our community are in a magnesium drought. Stress rapidly drains magnesium levels and we can lose up to 5 times the daily dose that we need to keep the body in good working order. It is a contributor to many mental, emotional, and physical health problems. We can get magnesium from our food but we really need fresh organic produce, which most people don't have. Nuts, seeds and greens are high in magnesium. Remember, stress inhibits absorption and only 30% of a tablet is absorbed. But, there is a wonderful abundance of magnesium in nature that is very absorbable. It is Magnesium Chloride Oil (not a true oil but absorbs like one). It is harvested from the seabed, then you can spray or rub it onto the body. 100% goes directly into the cells. It relaxes the nerves and muscles, transports calcium into the bones, and is a natural anti-inflammatory. How good is that!

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Osteoporosis Prevention Tool Kit

1. Managing your stress levels

If you want to stop losing bone density then you need to manage your stress levels by calming the adrenals, as prevention is much better than cure. The quickest way to do this is to change your breathing. Put your hand on your heart and focus on taking slow and even breaths into the area where your hand is, into the lungs (count of 5 in and 5 out). At the same time try and think of something you appreciate. When your heart slows down your brain will signal the adrenals to calm down. Other ways to calm your adrenals and focus your mind and body is by enjoying nature; pet therapy; exercising; drinking herbal teas such as chamomile, lemon balm or passion flower; as well as pray and meditate on a loving God. Find things to do that you enjoy.

2. Increasing your magnesium levels

Did you know that magnesium transports calcium into the bones and that the body doesn't make magnesium? We have to get it from external sources. As many foods now are nutrient deficient and stress rapidly leaches calcium from the bones, we have an osteoporosis crisis. So what's the answer? Firstly follow the above tips and reduce your stress levels, then work on increasing your magnesium levels (see previous information). Have an abundance of magnesium rich foods such as leafy greens, dried fruit and nuts, avocados and Bananas. Also rub Magnesium Chloride Oil onto your skin. You can source this product and information on the internet, as well as from Health Food outlets. Every cell of your body needs magnesium. It really is a miracle worker.

3. Making a NEW START

Use the following NEW START acronym for a holistic approach to help you to maximize your bone health as well as your overall well being: N = Nutrition; E = Exercise; W = Water; S = Sunshine; T = Temperance (with things that are harmful); A = Air (fresh); R = Rest & Relaxation; T = Trust in God.

Disclaimer: This fact sheet presents principles designed to promote good health and is not intended to take the place of personalised professional care. The opinions and ideas expressed are those of the writers. Readers are encouraged to draw their own conclusions about the information presented.