

Nutrition: Complementary And Alternative Choices

Osteoporosis

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This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.

Nutrient	Product	Quan
Good, broad spectrum, multiple vitamin mineral*	Ultra Vites* or	2
	Ultra Preventive* (with Spirulina or	4
	Ultra Preventive Plus Iron	4
Essential Fatty Acids (w3 and w6)	Ultra Omega-Linic	2-4
Vitamin D3 and Vitamin K	Vitamins D3 5000 + K or	2
	Vitamin D3 5000	2
Vitamin E	Vitamin E-400	1
Calcium and Magnesium 2:1 or 1:1 ratio	Calcium D chelate	3
	Ultra-Magnesium chelate	1 or 2
Horsetail concentrated herb	Horsetail 4:1 concentrate	2-4
Strontium citrate at bedtime	Ultra-Strontium	3
* use a multi without iron unless you have a known need for iron		

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So - you have had your annual bone density test. (radiation exposure) Lo and behold you have osteoporosis.

- **Did you know?** High bone density is associated with an increased risk of breast cancer.
- **Did you know?** Dense, brittle bones shatter rather than bending & stretching - a characteristic closer to glass.
- **Did you know?** Calcium is NOT the only mineral your bones need.
- **Did you know?** Your bones are living tissue with many functions. Bones are a rigid, protective organ. They are constantly undergoing 'reconstruction'.
- **Did you know?** Bones are lightweight, strong and hard. They are made up of a honeycomb matrix
- **Did you know?** High bone density is NOT equivalent to bone health or bone strength. Enjoy this fascinating article on [bone density myths](#).

There are some Osteoporosis Risk Factors you cannot change: gender, age, body size, ethnicity and family history. You can change some other factors: your weight, exercise and smoking habits. It is noteworthy that studies which show weight loss by restriction of fat in the diet result in an increase of bone loss. Restrict carbohydrate for weight loss, not

fat. Until menopause I recommend Ultra Vites, Ultra Omega Linic, Vitamin D3 and Calcium D Chelate.

Every effort should be made to follow a healthy lifestyle. For a variety of reasons, the elderly are at greater risk of falls. Preserving vision and promoting balance will go a long way towards preventing the consequences of falls.

If you have a low z score you have a low bone mass density for your age group. A decrease in bone density is a normal part of aging. Standard bone density testing (**t score**) compares your current density with that of a 30 year old, not with your age group norms (**z score**). This natural bone density decrease with age is **not** an indicator of disease. Unfortunately there is no way to measure the tensile strength of your bones.

It is very important to rule out underlying causes of osteoporosis such as thyroid disease and diabetes. The use of cortisone (even low dose), anticonvulsants and many other drugs can also cause a loss of bone density. Current thinking is that hormone replacement therapy should not be used to prevent the loss of bone density. Hormone replacement therapy has its own risk of complications.

NUTRITIONAL SUPPLEMENTATION

Supplementation with a high quality multi-vitamin-mineral, like **Ultra Vites**, is very important. You must make sure that your body has all of the necessary nutrients for good bone production (and optimal health). For instance, the B Vitamins are very important in bone metabolism. This is the reason that I use the basic protocol as the starting point of my nutritional recommendations. **Ultra Vites** contains *active* B vitamins in levels that are deliberately high. It has 1000 IU of Vitamin D3. Boron has been shown to help improve bone mass, probably by its effect on Vitamin D metabolism. I have included 150 mg Magnesium. A variety of trace minerals are necessary for bone health. The required trace minerals are present in Ultra Vites.

You might consider **Ultra Preventive** because it offers Spirulina - a rich source of many nutrients. If you have a known need for Iron, consider **Ultra Preventive Plus Iron**.

Ultra Omega-Linic is the best Omega Blend of Essential Fatty Acids (EFA). Studies show that supplementing these LCPUFAs will slow bone loss.

VITAMIN E

Vitamin E (**Vitamin E-400**) protects the EFAs from lipid peroxidation at the cellular level. EFAs also enhance the effect of Vitamin D so that more Calcium is absorbed, less is lost in the urine, more Calcium is deposited in bone, bone strength is increased and the synthesis of bone collagen is enhanced.

VITAMIN D

I recommend vitamin D³ (not D²). The Multi Vitamin/Mineral formulas mentioned above each contain 1000 IU Vitamin D3. If more is needed, **Vitamins D3 5000 + K** is my preferred vitamin D nutrient. Vitamin K is necessary for bone health. Since vitamin K is involved in blood clotting, it should only be used under the direction of a health care provider *if you are taking anti coagulant drugs*. In this event, consider **Vitamin D3 5000**. It is impossible to maintain normal calcium metabolism without adequate amounts of vitamin D.

See also

- [Complications of Osteoporosis Drug therapy](#) and
- [Complications of Hormone Replacement Therapy](#)

Note: There is considerable disagreement on the proper amount and forms of Vitamin D and Calcium.

A recent study from Finland, called a [Big Vitamin D Mistake](#), recommends a much higher level of Vitamin D intake daily than has been recommended for years. If in doubt request a 25-hydroxy vitamin D test.

MINERALS

For maximum bioavailability of Calcium I recommend **Calcium D chelate** at 3/day. Recent studies indicate that dairy products are a poor source of these important nutrients.

Some authorities feel that Magnesium supplementation is as important as Calcium. **Ultra Vites** contains 150 mg Magnesium. For additional Magnesium use **Ultra-Magnesium chelate**.

Silica is a mineral that increases the absorption and utilization of calcium. **Horsetail** is a rich source of this mineral. In addition, it is a very good source of both macro- and trace minerals in a readily available form. In addition to promoting healthy bones, Horsetail may benefit rheumatoid and osteoarthritis.

Ultra-Strontium - Increase bone density without drugs! If following these basic recommendations for bone health does not provide enough protection for you from Osteoporosis, *the most* effective method of increasing bone quality is by the use of **Ultra-Strontium**. Be sure to provide the rest of the nutrients.. Since Strontium uses the same pathway for absorption as do calcium and magnesium, it is very important that you take it on an empty stomach, and that no food or mineral-containing supplements be taken for at least three hours after. For this reason I recommend taking it at bedtime.

Strontium should **NOT** be used by pregnant or lactating women. It should **NOT** be used by children because it will interfere with bone growth. Since Strontium is eliminated by the kidneys people with compromised kidney function should be carefully monitored by a physician.

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Products are not intended to diagnose, treat, cure or mitigate any disease.*