

Baritz Wellness Center, P.C.

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Bone Health, the Program

02/20/10, 03/21/11

Bone health is a reflection of health and ageing. Healthy bones are an indication of health and weak bones are an indication of poor health. Osteoporosis has been described as “a disease of aging” which means that nothing much can be done about it because no one can stop time. However if we use the more accurate description that osteoporosis is “the cumulative result poor health factors”, the door is opened to healthy aging. Inactivity and poor nutrition due to weak digestion are primary factors of poor health and the effects of aging. Research has shown that highly active people have a higher bone mass and prolonged inactivity can cause dramatic bone loss. Exercise increases bone mass by stimulating bone growth factors. Strength training exercise is the driver of the bone growth, and is necessary for all the other factors to work properly.

- **Old thinking:** suppress symptoms, suppress change, prolong change and delay evolution.
- **New thinking:** support and encourage change, address any shock resulting from change, complete processes, accelerate evolution.

Address the Basics

1. Weight bearing exercise four days a week and focus on strength training two or three of those days. Start light and do more as your strength improves (train - don't strain).
2. Increase intake of green leafy vegetables as they are rich in nutrient factors that maintain healthy bones.
3. Increase intake of non-dairy sources of calcium such as almonds, spinach, beet greens, kale, mustard greens, broccoli, bok choy, mackerel, kelp, canned salmon and canned sardines.
4. Reduce smoking, alcohol consumption and caffeine.
5. Avoid factors that promote calcium excretion like salt, sugar, corn syrup, soft drinks and excessive animal protein.

Primary Support

Cal-Ma Plus ¹	6/day	(for 3 mts)	Parathyroid support along with calcium and magnesium
Calcifood ¹	6 tabs or 1 tbs	(after 3 mts)	Provides calcium and nutrients for bone formation
Cataplex D ¹	2 /day		Vitamin D for calcium absorption
Ostrophin PMG ¹	2 /day		Bone growth factor
Bone Complex ²	3 to 6 /day		Supports healthy bone tissue, particularly in mature women

Secondary Support As Needed

Digestive support	Zypan ¹ or Digest ²	1 to 2 with meals
Kidney Support	Renatrophin PMG ¹	3 to 9 /day
Liver Support	Livaplex ¹	4 to 6 /day
Essential Fat Support	Tuna / Calamari Omega-3 Oil ¹	4 to 8 caps or 1 to 2 teaspoons /day
Acid pH		see Health Tip “pH Bioterrain”
Low Estrogen		see Health Tips “Menopause” and “Menopause The Program”

Grade the results

Urine testing for bone metabolites	Repeat testing in 3 months
Bone Density Testing	Repeat testing in 6 to 9 months

To have a custom program created for you or for a free consult call 508 583-2565

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