

OSTEOPOROSIS

Below is an outline of the basic deficiencies relating to bone health and the products you can use to supplement dietary needs:

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- ▲ **BONE MATRIX:** 1/3 water, 1/3 protein, 1/3 minerals
Note: Calcium is 85% of the total mineral content

- ▲ **PRIMARY FACTORS IN OSTEOPOROSIS:**

Poor hydration:

Helpful solution: Filtered water consumption should be 1/2 of the individuals average weight in ounces daily.

Lack of weight bearing exercise:

Helpful solution: Walking 15 - 30 minutes daily. Trampoline in winter 15 - 20 minutes daily.

Limited absorption of calcium:

Product: Zypan (hcl source)

Helpful solution: Use apple cider vinegar and oil on salads at 2 meals daily.

Faulty utilization of calcium:

Product: Cataplex D (should be a natural form of Vitamin D from lanolin, balanced with Vitamin A)

Decline in hormone production (primarily Estrogen):

Products: Symplex F, Wild Yam Complex

Note: The adrenals glands assume primary responsibility of Estrogen production pre-post menopause.

Inadequate protein balance:

Products: Protefood, Calcifood Powder, and Whey Pro Complete

Note: 1/3 of daily nourishment should be protein.

22 amino acids provide the essential building blocks for protein.

8-10 amino acids (heat labile) are destroyed by heating foods, primarily proteins, above body temperature.

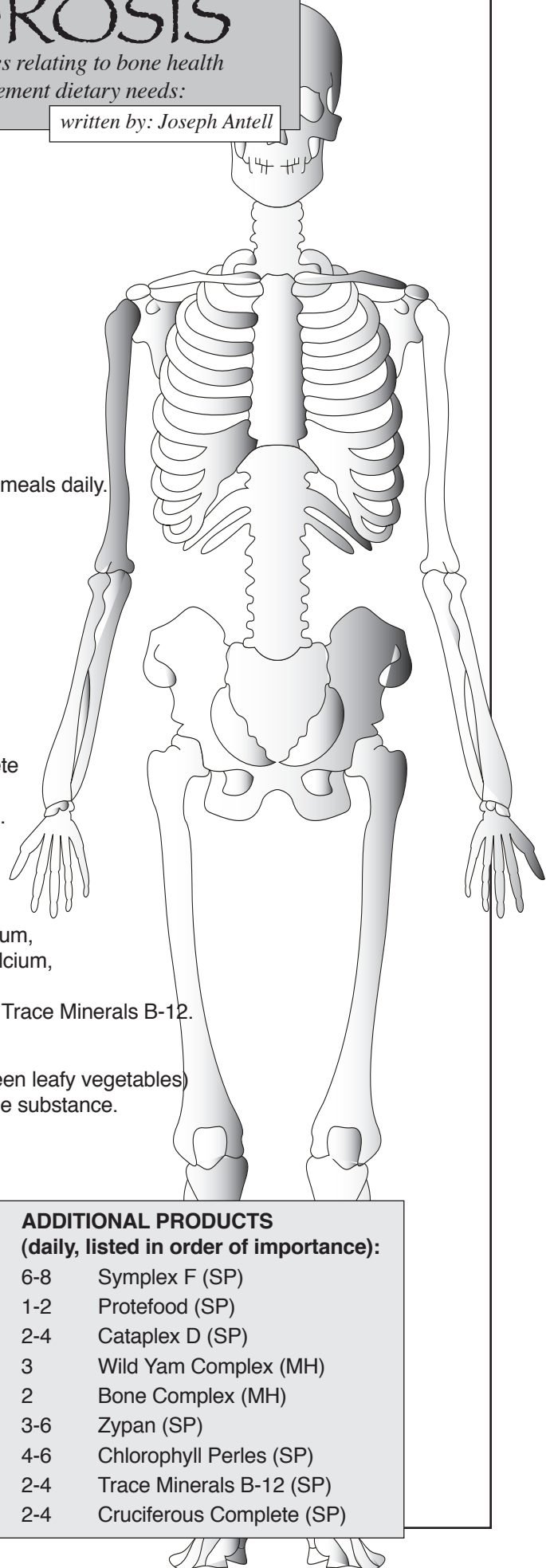
Mineral deficiency:

Products: Calcium Lactate Powder (provides blood serum calcium, 2% of total body calcium), Calcifood Powder (provides bone calcium, 98% of total body calcium, trace minerals and raw protein), Cruciferous Complete (trace minerals from vegetables), and/or Trace Minerals B-12.

Insufficient fat soluble Vitamin K:

Products: Chlorophyll Perles or Cruciferous Complete (dark green leafy vegetables)

Note: Vitamin K assists new bone material to adhere to old bone substance.



**PRIMARY OSTEOPOROSIS PROTOCOL
(requires 6-12 months before results
start to become evident):**

AM shake:

- 1/2 cup orange juice
- 10 frozen strawberries
- 2 TBLS. organic vanilla yogurt
- 2 TBLS. Whey Pro Complete (15 grams protein, 30% DV)
- 1 TBLS. Calcifood Powder (600 mgs. of bone calcium)
- 1 TBLS. Calcium Lactate Powder (800 mgs. of blood calcium)

**ADDITIONAL PRODUCTS
(daily, listed in order of importance):**

- 6-8 Symplex F (SP)
- 1-2 Protefood (SP)
- 2-4 Cataplex D (SP)
- 3 Wild Yam Complex (MH)
- 2 Bone Complex (MH)
- 3-6 Zypan (SP)
- 4-6 Chlorophyll Perles (SP)
- 2-4 Trace Minerals B-12 (SP)
- 2-4 Cruciferous Complete (SP)