

A NATURAL APPROACH TO

# Bone Health & Support

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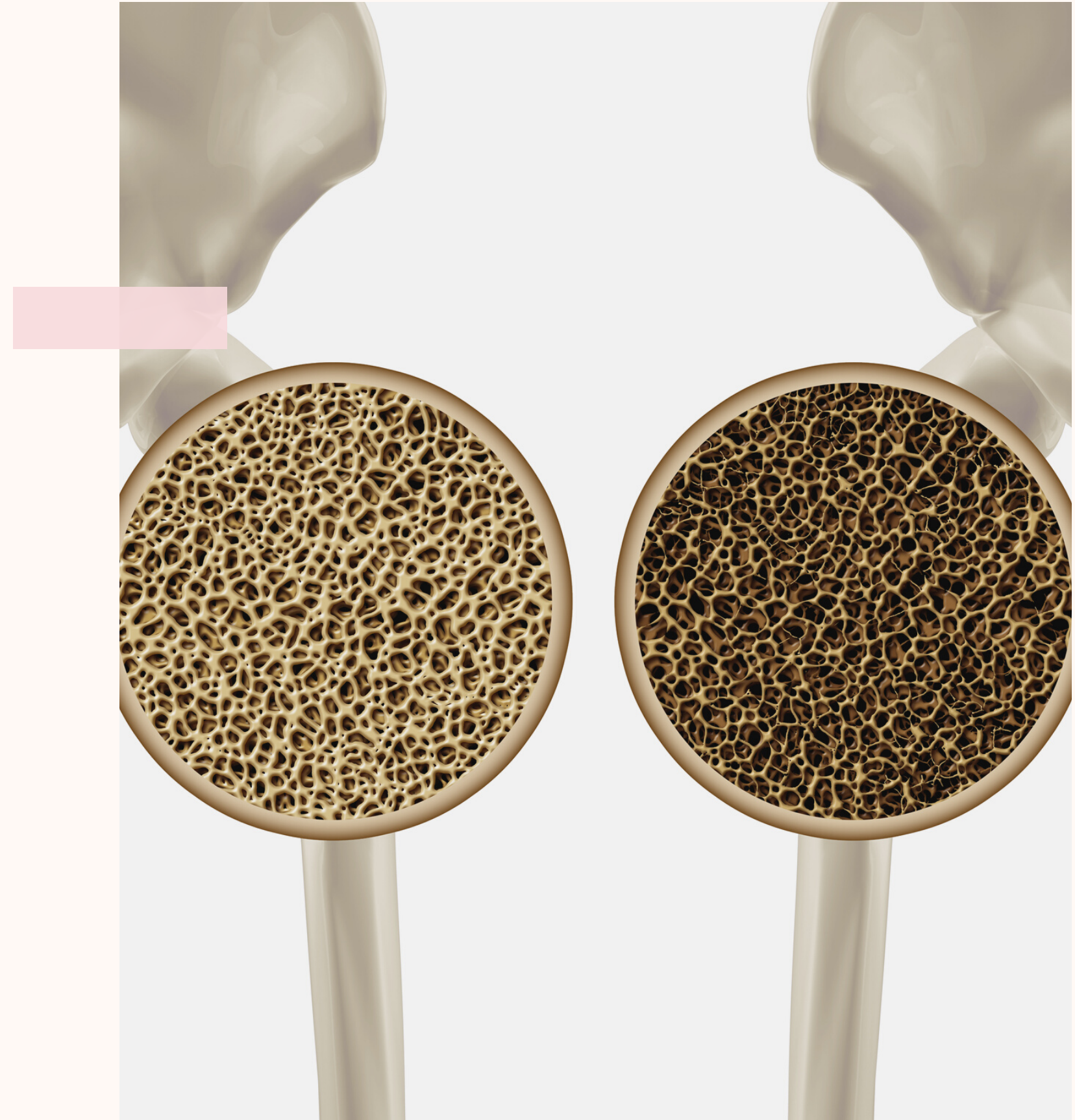
# Understanding Osteoporosis

OSTEOPOROSIS IS A PROGRESSIVE BONE DISEASE THAT WEAKENS THE BONES AND INCREASES THE RISK OF FRACTURES.

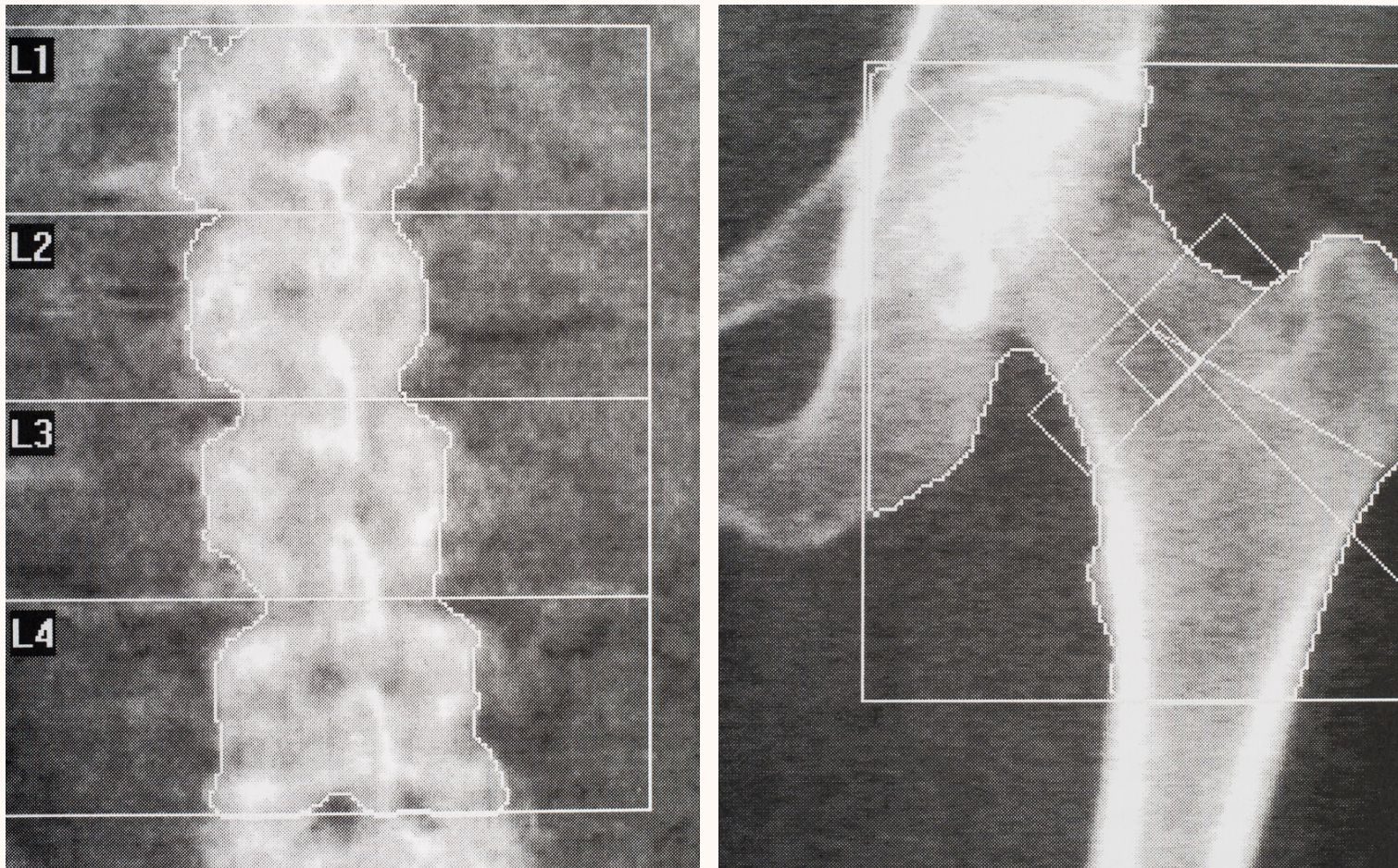
IT IS A "SILENT" DISEASE BECAUSE BONE LOSS OCCURS WITHOUT SYMPTOMS.

## RISK FACTORS:

- WOMEN & POST-MENOPAUSAL WOMEN
- MEN WITH SIGNIFICANT SMOKING HISTORY
- FAMILY HISTORY
- INACTIVE LIFESTYLE
- GETTING OLDER
- ALCOHOL
- MEN WITH LOW TESTOSTERONE
- THIN/SMALL FRAME
- CALCIUM/VITAMIN D DEFICIENCY
- CORTICOSTEROIDS
- ANTI-SEIZURE MEDICATIONS
- MEDICAL CONDITIONS THAT WEAKEN CALCIUM DEPOSITION



# Diagnosis



## BONE DENSITOMETRY (DEXA) X-RAY

- DETECTS OSTEOPOROSIS BEFORE A FRACTURE
- PREDICTS FUTURE FRACTURE RISK
- DETERMINES RATE OF BONE LOSS
- MONITORS THE EFFECTS OF TREATMENT

# Food Recommendations

1. AVOID INFLAMMATORY FOODS: FRIED FOODS, TRANS FATS, AND CONVENTIONAL (NON-ORGANIC) RED MEAT.
2. LIMIT COFFEE, ALCOHOL, AND WHITE SUGAR / FLOUR.
3. INCORPORATE MORE HEALTHY OILS: COCONUT, EVOO, WALNUT AS WELL AS AVOCADO, COCONUT MEAT (COCONUT BUTTER), EGGS.
4. INCREASE FOODS RICH IN:
  - A. CALCIUM: LEAFY GREENS, SALMON (WITH BONES), DAIRY OR FORTIFIED DAIRY-FREE MILKS, SARDINES.
  - B. POTASSIUM: AVOCADO, ACORN SQUASH, SPINACH, LEAFY GREENS, SWEET POTATOES, SALMON, POMEGRANATE, COCONUT WATER, WHITE BEANS, BANANAS.
  - C. VITAMIN D: FATTY FISH (SARDINES, SALMON, MACKEREL, TUNA, CAVIAR), LIVER, EGG YOLKS, CHEESE, MUSHROOMS.
  - D. MAGNESIUM: LEAFY GREENS, NUTS, SEEDS, FISH, AVOCADOS, BANANAS, DRIED FRUIT, DARK CHOCOLATE.
  - E. VITAMIN K: LEAFY GREENS, NATTO (FERMENTED SOY), SCALLIONS, BRUSSELS SPROUTS, CABBAGE, BROCCOLI, FERMENTED DAIRY, PRUNES, CUCUMBERS.
5. BONE BROTH
6. AIM FOR 5-9 SERVINGS OF VEGETABLES A DAY.
7. EAT PROTEIN WITH EACH MEAL.
8. 12 PRUNES A DAY DECREASE BONE TURNOVER – DECREASE DOSE IF STOOLS ARE LOOSE
9. AIM FOR 80 OUNCES OF WATER A DAY.

"LET FOOD BE  
THY MEDICINE"  
- HIPPOCRATES

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# Allopathic Drugs



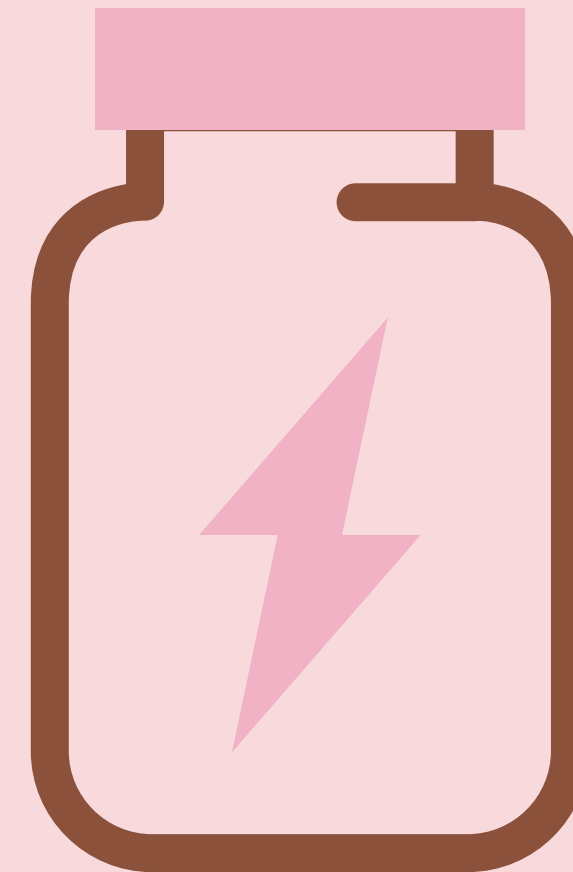
Rx

- A. CALCITONIN (FORTICAL) NASAL SPRAY: 1 SPRAY (200 IUS) PER DAY, INTRANASALLY, ALTERNATING NOSTRILS. STORE IN REFRIGERATOR.
- B. BISPHOSPHONATES
  - I. FOSAMAX 70MG TABLET ONCE A WEEK OR 10MG TABLET ONCE A DAY IN THE MORNING
  - II. ACTONEL 35MG TABLET ONCE A WEEK OR 5MG TABLET ONCE A DAY
  - III. BINOSTO 70MG EFFERVESCENT TABLET ONCE A WEEK IN THE MORNING
  - IV. BONIVA 150MG TABLET ONCE A MONTH IN THE MORNING
  - V. PROLIA 60 MG ADMINISTERED AS A SINGLE SUBCUTANEOUS INJECTION ONCE EVERY 6 MONTHS.
  - VI. IBANDRONATE (BONIVA), INFUSED ONCE EVERY THREE MONTHS. ZOLEDRONIC ACID (RECLAST), INFUSED ONCE A YEAR.
- C. RALOXIFENE (EVISTA) 60MG TABLET: TAKE ONE TABLET A DAY
- D. DENOSUMAB (PROLIA) – INJECTION EVERY 6 MONTHS; PREVENTS BONES FROM BECOMING BRITTLE
- E. TERIPARATIDE (FORTEO) – BIO-ENGINEERED PTH; DAILY INJECTION

# Natural Supplementation



1. **CALCIUM: 1500 MG/DAY**
2. **LYSINE: 50-100MG/DAY**
3. **VITAMIN C: 1000 MG/DAY**
4. **MAGNESIUM: 400-800 MG/DAY**
5. **BORON: 3 MG/DAY**
6. **VIT K2: UP TO 10-45 MG/DAY**
7. **ISOFLAVONES: 600 MG/DAY**
8. **VITAMIN D: 2-10,000 IU/DAY**
9. **STRONTIUM (CITRATE) 680MG/DAY.**
10. **POTASSIUM (CITRATE) 600MG TWICE/DAY. CONSULT DOCTOR.**



# Lifestyle Recommendations



1. EXERCISE GOAL: 4 TIMES A WEEK; 45 MINUTES AEROBIC AND 15 MINUTES WEIGHTS/RESISTANCE
2. STORK STANDING: 2-5 MINUTES EACH SIDE, 2X/DAY
3. HOME RELAXATION EXERCISES
4. END SHOWERS WITH A COLD RINSE
5. CONSIDER: "YOGA FOR OSTEOPOROSIS" BY LOREN FISHMAN, MD



# Functional Lab Testing

IMPORTANT TO GET A DEXA SCAN EVERY 2 YEARS!

- Micronutrient testing
- Comprehensive Screen
- Complete thyroid panel
- Female hormone panel
- Male hormone panel
- pH testing





# Remember:

EVERYONE IS DIFFERENT  
AND SO SHOULD THEIR  
TREATMENT PROTOCOLS BE!





Questions??

Thank you for  
your time!

Adelena Izold N.D.

