Calcium Intake and Bone Density
(5 slides)
Calcium DOESN’T protect against broken bones

• About 50% of older women and 25% of older men will experience a fracture due to weak, thinning bones

• Researchers analyzed the results of 72 clinical trials on the effects of calcium for increasing bone density
  – They included trials of both calcium supplements and dietary calcium in their analysis

• Conclusion: increasing calcium intake did NOT provide any significant benefits for increasing bone density and reducing fracture risk
Calcium isn’t all you need to build strong bones
- Countries with the **lowest calcium intake** also have the **lowest rate of osteoporosis**
  - One reason they have strong bones – they get more exercise because they walk everywhere instead of driving a car
  - One study found that simply walking at least 4 hours a week can reduce risk of fractures by 40% in women
- **Calcium must** be balanced by other nutrients
  - One study reported that taking calcium by itself actually reduced bone calcium levels; adding magnesium – without changing the amount of calcium – led to increased bone density and more calcium in the bones
- Here are three nutrients in addition to calcium that your body needs to build strong bones
Build Bones with Silica from horsetail

- **Increases** calcium absorption and retention in bones **by over 50%**
  - Stronger bones – less risk of fractures, faster recovery after a fracture
- **Increases** collagen formation by **over 50%**
  - Builds the framework for strong bones
  - Collagen is also used to form hair, skin and fingernails
- **Additionally:**
  - **Strengthens** dental implants and reduces implant failures
  - Reduces pain associated with arthritis and joint diseases
- If you have experienced a bone fracture, have osteoporosis, have had dental implants, or have any other bone concerns: take 40 to 80 mg daily for 4 to 8 weeks
- Otherwise, 20 mg daily for basic support
Build Bones with Strontium

• Strontium ranelate is a drug in Europe
  – Synthetic - not available in the United States
• Natural forms of strontium – strontium citrate – are just as effective
• Helps draw calcium into bones
• In clinical studies
  – Increased hip bone density by almost 10%
  – Increased bone density in the spine by 15%
  – In women with osteoporosis, reduced number of new fractures by 50%

Strontium is 70% more effective than osteoporosis medications such as Fosamax!
Build Bones with Vitamins D

• Vitamin D deficiency increases risk of bone fractures by up to 30%

• In a recent study, even a minimal dosage of vitamin D (200 IU) was associated with an almost 3% increase in total bone density in vitamin D deficient children
  – A 10% increase in peak bone mass as a child can mean a 50% reduction in risk of bone fracture as an adult
  – 60% of children have low levels of vitamin D

• Adult women taking 800 IU of vitamin D daily had a 30% reduction in fracture risk
Curcumin for the Colon
(2 slides)
Curcumin is Good for Your Colon

- Over 8,000 published research papers on curcumin in the PUBMED medical research database
- Many of the most recent studies are looking at curcumin’s effects in the colon
- Recent findings:
  - Curcumin stops the inflammation in the colon that causes inflammatory bowel disease
  - Researchers looking at reducing the adverse effects of a chemotherapy treatment for colon cancer (animal model) found that curcumin combined with DIM (diindolylmethane) was as effective at reducing cancer as the chemotherapy drug!
  - In an animal model of colon cancer (mice), animals exposed to potentially cancerous compounds while also receiving supplemental curcumin had NO tumor formation
Why is curcumin so good for the colon?

• Stops inflammation
  – Inflammation in the primary cause of diseases such as Inflammatory and Irritable Bowl, colitis and Leaky Gut
  – Inflammation is the trigger that allows certain types of cancerous tumors to grow and spread

• Neutralizes free radicals
  – Free radicals damage cells and DNA, which increases risk of cancer

• Prevents cancer cell formation
  – Curcumin acts though genetic pathways to stop cancerous cells from forming and spreading