Bones
Vitamin D and Silica
Vitamin D is a useless supplement?

• Recently published study announced that vitamin D does NOT increase bone density

• This study has received a lot of attention, and criticism, from other health experts

• The study looked at vitamin D by itself for bone density, when it is well known that vitamin D works with other nutrients such as calcium in order to increase bone density

• Do not stop your vitamin D supplement!

• Vitamin D has many benefits in addition to bone density: reduces risk of heart disease, keeps the immune system strong and reduces risk of cancer and infections, and much more

• 5,000 IU daily, especially in the winter
Another important nutrient for bones: Silica

- Silica is a mineral
- It can be found in some foods (bananas and beer) or plants (bamboo and horsetail)
- While we usually think of *calcium* as the answer to building bones, *silica* is equally, or maybe more, important!
- Why? It is needed for both the collagen framework of bone and to increase the mineralization of bone.
Silica Benefits

• 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
Bone Spurs
Since we are talking about bones...

• A **bone spur** is an extra deposit of bone tissue on normal bone

• Frequently occurs in the heels and shoulders

• 1 out of every 10 Americans has bone spurs – most of the time you don’t know it is there until the spur is large enough to put pressure on surrounding nerves and tissue

• Bone spurs are PAINFUL
How do I get calcium where I want it and get rid of bone spurs?

• pH of the body is very important
  – When pH is in balance (acid tummy/basic body) bones stay healthy
  – Whey pH is out of balance
    • Too acid: calcium is pulled from bones to neutralize acid, making bones weak and causing osteoporosis
    • Too alkaline: calcium crystals can form outside bones and cause bone spurs and other problems

• If you have a problem with bone spurs, dissolve them with acidifying nutrients
Acid-promoting nutrients

• Ammonium chloride and betaine hydrochloride
  – Promote acid stomach, which leads to proper mineral absorption
• Calcium chloride and calcium phosphate
• Magnesium glycerophosphate
• Vitamin B6 as P-5-P
• Vitamin C as ascorbic acid
• This formula has worked for over 20 years to dissolve bone spurs!