



DO YOU SUFFER FROM OSTEOPOROSIS?

By Dr. Bo M. Nielsen

About three million people in the UK have osteoporosis, a condition characterised by the progressive thinning of bone tissue and loss of bone density. When bones become thin and brittle, the risk of fractures is greatly increased and is responsible for a broken bone in one in two women over the

age of 50. But osteoporosis is not exclusively a woman's condition; one in five men over the age of 50 will also suffer a broken bone as a result of osteoporosis.

In this newsletter find out all about osteoporosis and how Doctor's Natural OsteoPro-D can help you!

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HELP PREVENT AND EVEN REVERSE BONE DENSITY LOSS WITH OSTEOPRO-D!

The combination of vitamins and minerals key to the effectiveness of OsteoPro-D

If you thought vitamin D and calcium were the only two nutrients necessary for bone health, think again. Numerous scientific studies show that also taking magnesium, vitamin K, silicon, boron, and other essential vitamins and minerals - contained in our vitamin and mineral supplements - have an even better effect on bone density.

What the ingredients in our osteoporosis package can do for you:

- help increase bone density
- help reduce the risk of fractures
- help maintain healthy bone and joint formation
- help increase muscle power and strength
- help counteract oxidative stress, which contributes to bone deterioration



SPECIAL PRICE FOR ONLINE PURCHASES!

Call our health advisors on 0207 043 1256 or visit our website www.doctorsnatural.co.uk today!

OSTEOPRO-D - THE MOST EFFECTIVE COMBINATION OF INGREDIENTS FOR BONE HEALTH

Ingredient:	Content per daily dose:
• Calcium	400 mg
• Vitamin D3	1600 IU
• Magnesium	100 mg
• Vitamin K2 (MK-7)	50 mcg
• Silicon	5 mg
• Boron	3 mg



Read about each ingredient in detail below.

Calcium: calcium is the most abundant mineral in the body and over 99% of our body's calcium is found in bones and teeth helping to make them strong and flexible. The remaining calcium is found in our blood, muscles and intracellular fluid. It is important to have adequate levels of calcium at all times because when calcium levels in our body drop, the

mineral is taken out from our bones to compensate. For years studies have shown that calcium is essential for bone health; in particular, calcium helps reduce the risk of fractures by boosting bone density through promoting bone formation and repair. In order for our body to absorb calcium, it needs other vitamins and minerals such as vitamin D.

Vitamin D3: this fat-soluble vitamin is essential for the absorption of calcium and for the maintenance of calcium and phosphorus levels in the blood that enable bone mineralisation. Vitamin D also plays an important role in the removal of damaged bone and replacement of new bone. Without it, our bones would become thin, brittle, deformed and prone to fractures.



We don't get enough vitamin D during winter

According to a new study, as much as 94% of us do not get enough vitamin D during winter - mainly due to less sun exposure. Lack of vitamin D not only increases the risk of osteoporosis, but also many chronic diseases such as diabetes, heart disease and some types of cancer. In order to ensure sufficient levels of vitamin D all year round, researchers recommend at least 1300 IU a day for people with light skin and at least 2000 IU for individuals with dark skin.

Vitamin K2: a fat-soluble vitamin important for its role in blood clotting, vitamin K2 is also necessary for bone health. According to studies, vitamin K2 works in synergy with vitamin D to increase bone mineral density and reduce the risk of fractures by 80%. Researchers also believe vitamin K2 activates proteins that are essential to bind calcium to the bone matrix.

Magnesium: magnesium is an essential mineral that is vital for over 300 biochemical reactions

in our body as well as being an important nutrient for bone health. One study found that for every 100 mg per day increase in magnesium, there is a 2% increase in whole-body bone density.

Silicon: silicon is vital to form collagen in bone and for other connective tissues such as tendons and ligaments.

Research has also found that silicon helps increase calcium absorption and plays a role

in the synthesis of collagen, where calcium is deposited and can strengthen bones.

Boron: studies show that this trace mineral influences the balance and absorption of calcium and magnesium and helps these substances build new bone.

Other studies have found that boron enhances the effects of oestrogen in postmenopausal women - oestrogen promotes bone health.



TAKING OR CONSIDERING TAKING OSTEOPOROSIS MEDICATIONS? READ THIS FIRST...

There are numerous osteoporosis medications available today. Perhaps the best known are bisphosphonates (Fosamax, Boniva), which claim to prevent bone deterioration and preserve bone mass. BUT, bisphosphonates as well as the many other types of osteoporosis drugs can have very unpleasant and sometimes serious side effects such as:

- Osteonecrosis of the jaw (breaking down of the jaw bone, also called rotting jaw bone).
- Increased risk of thigh bone fractures.
- Inflammation of the oesophagus and gastric ulcers.
- Serious eye problems.
- Flu-like symptoms (fever, muscle/joint pain, headache).
- Hot flushes.
- Blood clots.
- Nausea.
- Skin rash.
- Dizziness.
- Mood disturbances.
- Irregular heart beat.
- Gallbladder disease.



MENOPAUSE AND OSTEOPOROSIS

During menopause oestrogen levels drop and because oestrogen is linked to building new bone, bone loss rises sharply with declining hormone levels. If oestrogen levels are not replaced, osteoporosis can develop very quickly. One solution is to take osteoporosis medications; but why risk the side effects when there is a natural alternative?

It's called Femivital and contains phyto-oestrogens - natural plant-like substances which have the same effect as oestrogen but none of the side effects of osteoporosis medications! The ingredients in Femivital (red clover and black cohosh) help prevent bone loss as well as combat hot flushes, mood swings, fatigue, insomnia and depression.

If you are going through menopause, give our health advisors a call on 0207 043 1256 for a special package offer consisting of OsteoPro-D, Femivital, Vitamins and Minerals!

HOW DOES OSTEOPOROSIS DEVELOP?

Osteoporosis does not develop overnight; it develops slowly over many years. To understand how osteoporosis progresses, it helps to understand how our bones are structured. Our bones are made up of an outer shell (cortical bone) in which a web of collagen, minerals (such as calcium), blood vessels and bone marrow called trabecular bone are contained.

Trabecular bone normally has small, thick spaces in between; but in a person with osteoporosis, these spaces are bigger, which makes the bone less elastic and more vulnerable to fractures.

Throughout our lives, bone is constantly changing in a process called bone remodelling. during this process, old damaged bone is

broken down and removed by specialised cells called osteoclasts. In parallel, new bone is formed by cells called osteoblasts. During childhood and teenage years, new bone formation is faster than old bone being broken down, which results in increased bone density and strength.

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During our 20s this rate evens out; however after the age of 35 and due to the natural process of aging, bone deterioration slowly begins to exceed bone formation.

What are the symptoms of osteoporosis?

Because osteoporosis develops slowly over time, symptoms in the first stages are not common. But when bones are significantly weak and brittle, fractures may occur and joint pain or pain where bone loss is more pronounced may be felt. In some cases, people may find it difficult to stand or sit up straight and may have a bent-over posture. While osteoporosis can affect bones in any part of the body, the wrists, hips and spine are more vulnerable.

What causes osteoporosis?

Loss of bone density is an inevitable part of aging, but the rate at which bone density is lost and bones weaken differs among people. There are many factors that increase your risk of developing osteoporosis; however researchers believe the amount of calcium, vitamin D3, magnesium, silicon and other vitamins and minerals contained in our bones plays a large role. Not getting enough regular exercise throughout one's life also weakens bones and predisposes a person

to osteoporosis. Other risk factors include:

- **Age and gender:** women are twice as likely as men to suffer from osteoporosis. Part of this reason is declining levels of oestrogen during menopause.
- **Genes:** osteoporosis appears to be hereditary.
- **Body weight:** being very thin or having a BMI (body mass index) less than 19 puts you at a higher risk for developing osteoporosis.
- **Heavy drinking and smoking:** weakens bones.
- **Depression:** serious depression increases the rate of bone density loss.
- **Excessive exercise:** lowers hormone levels, which in turn lowers bone density.

Certain medical conditions also increase the risk of osteoporosis.

- **Eating disorders:** anorexia nervosa or bulimia.
- **Low levels of oestrogen:** either because of early menopause or having a hysterectomy before the age of 45, especially if ovaries are removed.

- **Low testosterone:** in men, low testosterone levels can lower bone density.
- **Hyperthyroidism.**
- **Parathyroid disease.**
- **Diabetes.**
- **Diseases that affect food absorption:** e.g. Crohn's or coeliac disease.
- **Being sedentary for long periods of time.**

Some medications are known to increase the risk of developing osteoporosis such as:

- Corticosteroid medications.
- Anti-epileptic medications.
- Long-term use of blood thinners e.g. heparin or warfarin.
- Selective serotonin reuptake inhibitors (SSRIs) - antidepressants.
- Breast cancer treatments e.g. aromatase inhibitors.
- Prostate cancer medications.
- Some diuretics.

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