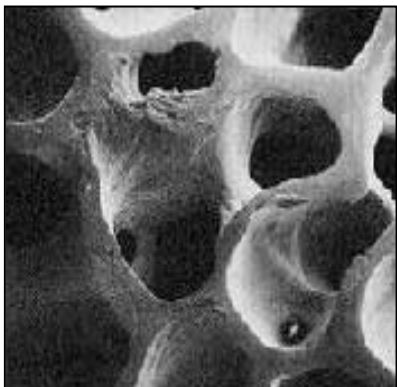


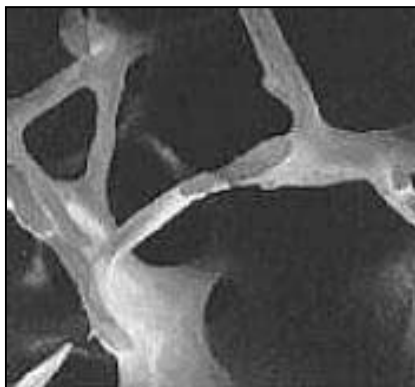
Osteoporosis

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Osteoporosis (porous bone) is a disease characterized by low bone mass and structural deterioration. This leads to bone fragility and increased risk for fractures. Fractures most commonly occur in the hip, spine and wrists. Detecting osteoporosis is important because osteoporosis presents no symptoms or warning signals and it is responsible for more than 1.5 million fractures annually. In the United States, 10 million individuals are estimated to already have this "silent" disease and almost 34 million more are estimated to have low bone mass which increases their risk for this disease and associated fractures.



Normal Bone Density



Osteoporosis

Of the 10 million Americans estimated to have osteoporosis, eight million are women. One out of two women over the age of 50 will have an osteoporosis related fracture in her lifetime. For men, the prevalence is one out of four. While this disease is often thought of as an older person's condition, it can occur at any age.

Some risk factors:

- Current low bone density
- Family history of osteoporosis
- Inactive lifestyle
- Smoking
- Being Female
- Small/thin body frame
- Advanced age
- Low calcium intake
- Postmenopausal
- Low testosterone levels in men
- Excessive use of alcohol
- Use of certain medications

It is now clear that low bone mass is the single best predictor of future fracture, and the best indicator of the extent to which preventive measures need to be taken. Due to new dramatic breakthroughs in treatment and preventive options, it has become more important than ever to identify people who are at risk so they can take advantage of these options. A bone density measurement is a great way to test for low bone mass.

In 1994, the World Health Organization (WHO) developed a classification system to quantify the results of Bone Density Tests. This classification system uses the T-score (a number of standard deviations the bone mineral density measurement is above or below the young-normal mean bone mineral density) which gives a measure of overall bone health. Here is what the numbers from a Bone Density Test tell us:

T-Score:	Classification:
Above 0	Normal
Between 0 and -1	Low Normal
Between -1 and -2.5	Osteopenia (low bone mass)
Below -2.5	Osteoporosis

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The following recommendations are based on research done by the National Osteoporosis Foundation and by Optimal Health Systems. These recommendations are proactive measures that will not only stop further bone density loss, but may actually *improve* your bone density and strength.

Nutrition: Calcium is essential for healthy bones. Studies have shown that Americans do not consume enough Calcium. Depending on your age, recommended Calcium intake ranges from 1000 to 1300 mg/day. If you do not get enough Calcium from the foods that you eat or if your lifestyle includes items listed in the "Avoid" column, then you need to take a Calcium supplement.

Increase the intake of:	Avoid:
Salmon	Carbonation
Raw Almonds	Prescription drugs
Spinach	High fat & protein diets
Okra	Alcohol
Dulse	Coffee
Broccoli	Sodium
Dark, Leafy Greens	White Flour

Exercise: Weight bearing and resistance exercises increase bone strength and density. Weight bearing exercises (high and low impact) work your bones and muscles against gravity. Swimming and bicycling are not weight bearing activities. Resistance training uses muscle mass and strength to improve bone density.

- High impact aerobics – jogging, walking, stair climbing, dancing
- Low impact aerobics – indoor cycling, stretching
- Resistance training – strength training with weights

Specific Supplementation: These nutrients support bone health and include Ostivone™ that is proven to increase bone density. Additional recommendations for Osteoporosis: Optimal Whole B, Optimal Female, Optimal Liver/Kidney. Ask our Staff for complete protocol guidelines.

Basic Daily Essentials: These nutrients are recommended for everybody. Make sure you use a whole food vitamin supplement like Optimal 2 Vitamin/Mineral and a Complete Plant enzyme digestive aid like Optimal 1 Digestion. Refer to the LIFE Brochure for more information.

Low Normal

Nutrition	At least 1000mg Calcium/day included in a well-balanced diet; Avg American Consumes 500mg daily
Exercise	Do any type of exercise. Focus on weight-bearing (high impact) aerobic exercise 3-4 times/week for 30 minutes; strength training 3 times/week for 30 minutes
Specific Supplementation	Calcium – 1 capsule, 3 times/day with meals OsteoPlus – 1 capsule in the morning, 1 capsule in the evening
Basic Daily Essentials	Optimal 1 Digestion as directed, Optimal 2 Vitamin/Mineral/Antioxidant as directed

Osteopenia

Nutrition	1000 – 1300mg Calcium/day included in a well-balanced diet; Avg American Consumes 500mg daily
Exercise	Rotate between weight-bearing and aerobic exercise programs 3-4 times/week for 30 minutes; strength training 3 times/week for 30 minutes
Specific Supplementation	Calcium – 1 capsule, 4 times/day with meals OsteoPlus – 1 capsule, 3 times/day with meals
Basic Daily Essentials	Optimal 1 Digestion as directed, Optimal 2 Vitamin/Mineral/Antioxidant as directed

Osteoporosis

Nutrition	1000 – 1300mg Calcium/day included in a well-balanced diet; Avg American Consumes 500mg daily
Exercise	Perform only low impact aerobic exercises, 3-4 times/week for 30 minutes; strength training 3 times/week for 30 minutes. Working with a Personal Trainer is highly recommended.
Specific Supplementation	Calcium – 2 capsules, 3 times/day with meals OsteoPlus – 2 capsules, 3 times/day with meals
Basic Daily Essentials	Optimal 1 Digestion as directed, Optimal 2 Vitamin/Mineral/Antioxidant as directed