

## **Osteoporosis**

Osteoporosis is a progressive disease affecting bone density which develops when bone breaks down faster than it can be rebuilt. It is often referred to as the "silent disease" because bone loss occurs without symptoms. It increases fracture risk and is a major health problem in industrialised nations.

Postmenopausal women and the elderly are at a higher risk for osteoporosis, as premenopausal women are partially protected against bone loss by the hormone oestrogen. Oestrogen has some control over osteoclasts and aids in decreasing bone loss by slowing resorption (bone break down), but does nothing to build bone. Progesterone stimulates osteoblasts to build bones. In men, testosterone partially protects against bone loss, even after middle age.

In osteopenia, bone density is low, but the mineral content of the bone is not low enough to be considered porous as in osteoporosis.

## **Conventional treatment**

Osteoporosis is conventionally treated with the bisphosphonate class of drugs, commonly named Alendronate or Fosamax. Bisphosphonates decrease osteoclastic bone resorption which results in a small but significant net gain in bone mass in osteoporosis patients. Side effects include nausea, cramping, oesophagus ulceration, eye problems, muscle, joint and bone pain. One serious side effect that can occur with the use of Fosamax is osteonecrosis of the jaw (ONJ).

## **Clinical Kinesiology diagnosis**

**A skilled CK practitioner can easily reveal to you the toxicity present in your system, and offer a specific detoxification regime for your needs. This will enable your body to regain it's ability to function, and the automatic healing process will be unimpeded.**

## **Nutritional Support for Bone Health**

### **Dietary factors**

Dietary modification is a major factor in the treatment of osteoporosis:

Refined foods, soft drinks, caffeine, excess salt and excess protein all increase the loss of calcium from the bones and should therefore be reduced in the diet.

High amounts of protein in the diet increase ammonia production in the gut, which prevents the kidneys absorbing calcium, therefore increasing urinary excretion of calcium.

Acid-producing foods (grains, meat and dairy) can actually pull calcium out of the bones.

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