



## THERAPEUTIC GUIDE

### OSTEOPOROSIS

Osteoporosis is characterized by compromised bone strength and changes in bone micro-architecture, making the individual susceptible to bone fractures. Osteoporosis primarily affects women, but should also be considered in men over the age of 50.

Contrary to popular belief, osteoporosis is not caused solely by a calcium deficiency. While this is an essential nutrient in treating this condition, Vitamins C, D, and K also play a role, as well as certain minerals. Hormonal changes during menopause can hasten the loss of minerals from the bones. Lack of regular, moderate exercise also contributes this progressive disease. Symptoms of osteoporosis are not usually evident until it is advanced; however, one should watch for gradual loss of height, rounding of the shoulders, back pain, or achy joints. You may also wish to refer to the Backache and Fractures sections of this guide.

#### Homeopathics

**Bone Repair HP™**- high potency formula for bone health, indicated for chronic inflammation of the back and bone injury.\*\*

**Calc Phos**- single homeopathic indicated for bone issues especially associated with poor nutrition.\*\*

\* **Osteopar™**- glandular homeopathic for bone support, osteoporosis, indicated for relief of pain in the lower back, with burning, soreness in the sacroiliac area, and pain in the joints and bones.\*\*

\* **Osteotone™**- homeopathic tonifier for osteoporosis, indicated for relief of pain in joints and bones, and low back pain.\*\*

**Parathyroid Cord**- glandular homeopathic cord indicated for disturbance of calcium metabolism and bone issues.\*\*

**Parathyropar™**- glandular homeopathic for parathyroid dysfunction and calcium metabolism, indicated for relief of weakness of extremities, cramps in the calves, swelling in joints, sensitivity to cold, worse in winter.\*\*

**Trace Mineral Cord**- homeopathic cord derived from trace minerals to provide temporary relief from the symptoms of cramping pain, fatigue, dehydration, and nervousness.\*\*

#### Herbals

**Anacom A.M.™** or **Anacom P.M.™**- fortifiers for the central nervous system to help reduce occasional discomfort.

**Barleycom™**- fortifier for the joints and mineral support, indicated for bone abnormalities.

**Inflammacom™**- fortifier for the immune system, muscles, and joints, indicated for joint stiffness and aches.

\* **Joint Formula**- Amazon rainforest formula that eases pain and stiffness, inhibits swelling, and encourages pain-free motion.

\* **Osteocom™**- fortifier for the skeletal system, indicated for arthritis and osteoporosis.

*\*Denotes primary remedies*



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### OSTEOPOROSIS (CONTINUED)

#### Nutritionals

\* **Calcium 6 Plus** - synergistic blend of six sources of calcium for optimal assimilation combined with vitamin D, vitamin C, and other nutrients to support bone health.

**Calcium Lactate**- promotes natural calcium levels in the blood which supports the normal functioning of nerves, cells, muscles, and bones.

**D-3 25 mg. or D-3 5,000 I.U.**- provide a daily dose of natural vitamin D to support immune, mood, and bone health.

**Digestizyme or Digestizyme Plus**- provide natural digestive support to help optimize digestion of food and absorption of nutrients that are essential for bone health.

\* **Enervimin™ Osteo Focus**- full spectrum vitamin and mineral supplement formulated for those with bone Disorders, high in the essential nutrients to repair and maintain healthy bones.

**K2 100 MCG** -menaquinone-7 (MK-7) for the synthesis of the protein in bone tissue, osteocalcin, upon which calcium crystallizes.

**L-Lysine**- amino acid that can aid in the absorption of calcium.

**Mag-Chlor**- highly absorbable form of magnesium to support healthy mineralization of the bones.

**Magnesium Chelate**- supports healthy mineralization of the bones.

**Methylfol**- blend of methylfolate and methyl-B12, deficiency of these vitamins may affect bone structure.

\* **Mineral Magic Concentrate**- highly concentrated natural source of minerals and colloidal trace minerals to support muscle and bone metabolism.

**Multi-Min Complex**- tableted blend of essential minerals to support bone health.

#### Additional Considerations

Diet is important in preventing and treating osteoporosis. Avoid refined sugar and carbohydrates, soft drinks, caffeine, and alcohol, and suggest a reduced intake of animal proteins. Regular, weight-bearing exercise is an important factor in treating osteoporosis. Walking can help increase bone mass.

If your patient is a smoker, encourage them to quit. Tobacco usage increases one's chance of developing osteoporosis. See Tobaccostat™ in the EnergiQue® catalog.

\*\*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

\*Denotes primary remedies