



Osteoporosis: One Pill a Month!

Source:

Health Alert

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I heard Sally Field on the radio the other day telling all women who may suffer from loss of bone mass or osteoporosis, that it runs in the family, and that she cured her osteoporosis with the once-a-month drug, Boniva®. The truth is that drug treatment of osteoporosis is not a cure, does not build strong bone, cannot be continued for more than 4 to 5 years, and is a dead end.

Your bones are living, breathing tissue. Half the time your body is building new bone via bone building mechanisms that involve **osteoblasts**, and half the time your body is removing old diseased, and brittle bone to make room for the new. This involves **osteoclasts**. Osteoporosis is a disease where not enough new, strong bone is developed usually due to nutritional deficiencies and lack of exercise. It is not a disease where not enough old, diseased, and brittle bone is being removed.

Osteoporosis (biophosphonate) drugs, whether taken daily, weekly, or monthly stop the removal of old, diseased, and brittle bone. Over time, this increases bone mass because all the old bone that needs to be removed so new, strong bone can take its place, remains. This leaves fewer places or receptors for new healthy bone. However, at the same time, bone density is higher with old diseased and brittle bone -making everyone happy with your latest bone scan.

Naturally, the problem is that your new bone density is made up of more and more old, diseased, and brittle bone. So you are building a new skeleton out of glass. The end result, usually after 4 to 5 years, is failure, sometimes with traumatic hip fractures occurring while simply standing. And a rare result is osteonecrosis of the jaw. This is permanent and incurable jaw rot because the drugs have interfered with the Body's ability to clear out old, diseased, and brittle bone.

Facts:

Women begin to lose bone calcium starting in their mid 30's which will lead to Osteopenia (mild loss of bone density). If this continues, **osteopenia will eventually result in osteoporosis.**

Treatments:

The only real treatment for either osteopenia or osteoporosis is to supply the body with the right nutrients and weight bearing exercise.

When it comes to nutrition, there is no "one" missing mineral or supplement. The body needs **all the osteofactors** involved in building healthy bones and joints.

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