

Osteoporosis

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Osteoporosis is a huge problem in our society, especially in peri and post-menopausal women. Conventional medicine suggests 1500 to 2000 mg of calcium and 400 to 1000 IU of vitamin D. If this is not successful, as measured by bone density, then a bisphosphonate drug is usually prescribed. Bone is a dynamic of constantly being formed by osteoblasts and constantly torn down by osteoclasts. The bisphosphonate drugs prevent the osteoclasts from doing their job. As a result, the bone becomes denser, but after two years or so, the bone becomes much more brittle. This is easily explained by the fact the old dead bone that should have been removed by the osteoclasts hasn't been. I was not surprised to see an advertisement in my home town newspaper asking for people to join a class action suit against the makers of one of the bisphosphonate drugs. Osteonecrosis of the jaw (ONJ) was what was being targeted. It is a mistake to equate bone density with bone strength. What then, does one do?

Recent studies strongly recommend 400-600 IU of vitamin D, and some practitioners feel even more is required. However, many times the exact/correct form of vitamin D- vitamin D 3-is not specified. As far as minerals, 1200mg of calcium is generally recommended, and some natural practitioners recommend a mineral mix from bone marrow from cattle raised in New Zealand. I think the correct mix of bio-available minerals are important (magnesium, molybdenum, calcium, copper, zinc, and boron come to mind) However, I feel since bones are essentially a collagen rod impregnated with a mineral matrix, we would be well served to increase the amount of collagen so more minerals can be added to the bone. (I felt I really understood this concept after watching a segment on the Food TV Network talking about preparing chicken stock. Chicken bones before 1 ½ hours of simmering are impossible to break with bare hands. Afterwards, however, with only the minerals present, a child can easily snap the bones in half.) I like to think of the bone as a wall with pictures on it. The wall is the basic structure the minerals are attached to. The minerals may be thought of as pictures on the wall. Since the minerals/pictures are all the same electrical charge, you can only put so many pictures on the wall. It is impossible to cram more pictures on the wall, so let's just build more walls with MSM! Now we can put minerals/pictures on them and truly strengthen the bone.

It must be mentioned, work by John Lee M.D. strongly suggests trans-dermal natural progesterone is extremely helpful in building strong bones.

Weight bearing exercise is also extremely important in building strong bones. With the proper mineral mix, general vitality should be increased and chronic pain should be decreased, making it easier to implement weight bearing exercise.