

Everything You Thought You Knew About Calcium Supplementation Could Be Wrong

Bone is composed of at least a dozen minerals, and if you focus exclusively on calcium supplementation you are likely going to worsen your bone density, and will actually increase your risk of more than merely osteoporosis.

The overconsumption of calcium in the goal of preventing osteoporosis creates other mineral deficiencies and imbalances that will increase your risk of heart disease, kidney stones, gallstones, osteoarthritis, hypothyroidism, obesity and type 2 diabetes.

One of the best practical alternatives is the use of naturally occurring ionic supplements, as ionic minerals are the most plentiful form of minerals found on earth. They are flowing in all fresh water, buried in ground deposits in places where oceans once existed and of course, are plentiful in the ocean.

Almost everyone needs trace minerals, not just calcium, because you simply cannot get all the nutrients you need through food grown in mineral depleted soils.

Unprocessed Salt is the Solution

Unprocessed salts are one of the best sources of these ionic trace minerals which are responsible for catalyzing many important functions in your body.

Himalayan salt is one of the best salts on the planet. You should avoid all processed salts and liberally use high quality salts like Himalayan, as they have vitally important trace minerals from the ancient oceans that are not contaminated with toxins and that are very difficult to consume in today's challenged agricultural practices.

Clearing Up Two Major Myths About Osteoporosis and Its Treatment

The first myth is that osteoporosis is due to a calcium deficiency. As you'll soon see, that's not simply the case.

The second misconception is that the treatment for it is to use **bisphosphonate drugs** like Fosamax, Actonel, or Boniva. This is one of the worst strategies for treating this condition, because even though it will increase your bone density, it is a poison! The reason these drugs work is because they actually kill certain

cells in your bone called osteoclasts. These are the cells that destroy bone as part of your natural bone regeneration process.

When these cells die off, you're left with only osteoblasts, which build bone. **Hence you get bigger bone that is denser, but NOT stronger.** Your bones actually become weaker, and in the long term increase your risk of developing a fracture.

Another drug you want to avoid, especially if you have asthma or any other autoimmune disease, is steroids. Steroids are very detrimental for bone density, and will increase your risk of osteoporosis.

Eating Right for Healthy Bone Density and Strength

One of the important strategies for healthy bones is to **eat the right kind of foods.** If you eat a diet full of processed foods, it will produce biochemical and metabolic conditions in your body that will decrease your bone density, so avoiding processed foods is the first step in the right direction.

Eating high quality, **organic, biodynamic, locally-grown food** will naturally increase your bone density and decrease your risk of developing osteoporosis.

One food in particular worth mentioning are onions, which are high in gamma-glutamyl peptides that have been shown to increase bone density. But generally, **you'll want to eat lots of fresh vegetables.**

There's a common concern that eating a high protein diet will secrete calcium into your urine. But the truth of the matter is that more people are now eating low-protein diets, and your body *needs* protein, because amino acids are part of the bone matrix. If you don't consume enough of specific amino acids your body can't form strong, dense bones. **So you'll also want to make sure you eat plenty of high quality protein like free-range eggs and grass-fed meats.**

One food you may want to consider avoiding is gluten -- a specific protein in many grains, specifically wheat, but also barley, rye, oats and spelt. Gluten has been shown to decrease bone density.

Beneficial Supplements

Along with your foods, your **omega 3 fat content has a lot to do with building healthy bone**. Most everyone needs to take a high quality, animal-based omega 3 fat.

At the same time, to balance out your omega 3 and omega 6 ratio, you'll want to reduce the amount of processed vegetable oils you consume. Oils like corn oil, safflower- and soy oil are loaded with omega 6's. Additionally, **canola should be avoided for other reasons**.

Another supplement you may want to consider if you already have osteoporosis is **vitamin K2**, which has been shown to radically improve bone density. **Fermented foods**, such as natto, typically have the highest concentration of vitamin K found in the human diet and can provide several milligrams of vitamin K2 on a daily basis.

Additional Components that are Vital for Bone Density

Two additional components that are vital for building bone density and strength are vitamin D and proper exercise.

Vitamin D --

Now we know that vitamin D is enormously important for an ever-growing number of conditions, which is why I recommend you regularly expose large amounts of your skin to **safe amounts of sunshine** (or use a safe tanning bed) to **optimize your vitamin D levels**.

If neither of those is available, then you'll want to use an oral form of vitamin D3. However, if you take oral vitamin D, make sure you're measuring your vitamin D levels with a reputable reference lab. Getting your levels up to about 60 ng/ml will help you optimize your bone density.

Proper exercise -- The second component you can't ignore if you want strong, healthy bones is **weight bearing exercises** like strength training. Remember, bone-building is a dynamic process, so you want to make sure you exert enough force on your bones to stimulate the osteoblasts to build new bone.

