

Your Guide to Better Living - February 2006

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A Science Based Nutrition Doctor

Are You At Risk For Osteoporosis?

GET THE FACTS

It is the most common metabolic bone disease in developed countries. Based on the World Health Organization's definition it was estimated that 54% of post-menopausal Caucasian females in the U.S. have Osteopenia (reduction in bone volume to below normal levels especially due to inadequate replacement of bone lost to normal lysis) while 30% have osteoporosis. Men and non-white women who are at risk add to the number significantly; 30 million to 54 million affected individuals in the U.S.

Osteoporosis in men has recently been recognized as an important health problem, as almost 30% of all hip fractures and up to 20% of symptomatic vertebral fractures occur in men.

Osteoporosis is accelerated bone loss. Normally, there is loss of bone mass with aging, perhaps 0.7% per year in adults. The process of bone remodelling from resorption to matrix synthesis to mineralization normally takes about 8 months--a slow but constant process.

Bone in older persons may not be as efficient as bone in younger persons at maintaining itself due to a lifetime of poor lifestyle habits.

KEEPING YOUR BONES STRONG

The most effective way to maintain the strength of your bones requires a combination of lifestyle changes and medical measures.

Lifestyle changes:

- Stop smoking.
- Do weight-bearing exercise, ideally thirty minutes a day, three or more days a week.
- Limit your intake of refined foods, especially those with white flour and sugar.
- Limit your caffeine intake.
- Carbonated beverages contain phosphoric acid, which depletes your bones of calcium.
- If you are prone to bone disorders, limit your intake of foods containing a high amount of oxalic acid (spinach, rhubarb, cranberries, and chard). Oxalic acid also limits calcium absorption.
- Practice good nutrition, including minimal amounts of animal protein and sufficient calcium intake.
- Prevent falls, since most fractures are preceded by falls.

Vitamin Recommendations:

- Calcium supplements are recommended to most women: 1000-1500 milligrams per day (but check with your doctor first to be sure your calcium level is not too high to begin with). Many people take the wrong kind of calcium. Make sure your supplement is a high grade Calcium MCHC.

- Vitamin D (the sunshine vitamin) supplements may be recommended if dietary intake is inadequate, or if you do not get enough sunlight. You can get vitamin D from cold water fish, like salmon and mackerel, and eggs. Without the proper amount of Vitamin D, your body cannot utilize calcium.
- Many other nutrients are needed for the absorption of calcium, such as magnesium and phosphorus. Check with your doctor to find out where you are deficient.
- Contrary to popular belief, dairy products are NOT the best source of calcium. You get more absorbable calcium from nuts like almonds and hazelnuts. Green, leafy vegetables, like broccoli are also a good choice.

REMEMBER...

**Taking vitamins that you don't need
can be just as dangerous as taking no vitamins at all!**

Personal recommendations can be made after comprehensive Blood Analysis and Hair Analysis Tests. With these tests, we are able to do an in-depth analysis of your total system. We see the problem areas and carefully note major and minor conditions that may lead to serious illness. A nutritional analysis will be able to provide us the information needed in vitamin and lifestyle recommendations. Call our office to set up a consultation today.

**Bloodwork is the key to understanding your body's chemistry and is necessary to provide a better picture of your overall health. Dietary, vitamin and mineral recommendations based upon bloodwork and hair analysis will give a clear indication on strengthening and maintaining healthy bones.
This testing can be done through:**

GENSEL NUTRITION CENTER

660 Camino Aguajito, Ste. 100
Monterey, CA, 93940
(831) 649-6336

Dr. Gensel gives monthly nutrition seminars in Monterey at SLIM and TONE, 465 Pacific St. The next seminar will be February 23rd, 6:30-7:30PM ***"The Foundations of Health I"***. Come learn which foods are causing the chronic diseases of our society (diabetes, heart disease, obesity, etc.) and must be avoided if you want good health!

Email gensel@redshift.com or call 831-649-6336 to register!

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1. The information provided in this article is for educational purposes only.
2. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice. Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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