



Greetings Tom,

Welcome to Alternatives newsletter, a bi-monthly publication designed to empower readers with knowledge and resources to achieve physical, emotional, mental and spiritual healing.

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Under Construction: Your Bone's Remodeling Efforts Need Good Nutrition, Calcium and Vitamin D

Most people don't think of their body as a construction zone, but the truth is that bones are in a constant state of remodeling, said Dr. Robert Heaney, a Creighton University professor and one of the nation's leading authorities on osteoporosis.



"Bones turn over 10 percent each year – they're constantly replacing bony structures," Dr. Heaney said. "One of the principal reasons that bones become fragile is not simply because bone mass is low, but because the remodeling rate is high. If a bone is flimsy and someone has lost part of that bone and at the same time they're doing a lot of remodeling, the structures that are needed for support may be out of commission."

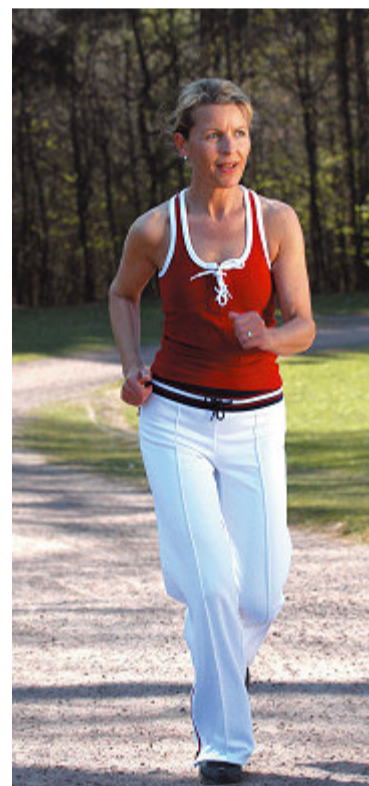
And that, Dr. Heaney said, is often how osteoporosis develops and does its damage. Osteoporosis is a disease in which bones become fragile and more likely to break. Left untreated, osteoporosis progresses painlessly until a bone breaks. These broken bones, also known as fractures, occur typically in the hip, spine and wrist, according to the National Osteoporosis Foundation. Of the 10 million Americans who suffer from osteoporosis, women are four times more likely than men to develop the disease.

Dr. Heaney said that this potentially debilitating condition can be caused by many factors including lack of exercise, hormone deficiencies, heredity, vitamin D deficiency, certain medications, and too little calcium. "What can happen with someone who does not have enough calcium and vitamin D is that the body then tries to compensate by taking calcium out of the bones. That increases remodeling activity and decreases bone mass – both of which cause increased fragility."

Solid nutritional intake is the first line of defense to protect against osteoporosis, Dr. Heaney said. "Good nutrition is the key," he said. "Maintaining healthy bones requires adequate calcium, vitamin D, protein, phosphorus and magnesium. Making good food choices is vital, with dairy being one of the best to prevent osteoporosis," he said. A bone density scan used to diagnose low bone mass and osteoporosis can be valuable at any life stage, if you're starting to tune in to the importance of strong bones. "Then the results will be motivating to you," Dr. Heaney added.

For more information about osteoporosis, visit the National Osteoporosis Foundation Web site at www.nof.org or contact Dr. Heaney at rheaney@creighton.edu.

Hormones Play Key Role in Osteoporosis



Menopause for women seems to play an important role in the development of osteoporosis, suggesting that a decrease in the hormone estrogen may explain why women appear to be more vulnerable to the disease than men, according to Dr. Patricia Ryan, founder of Alternatives: A Center for Conscious Health.

"We know that estrogen starts to shut down for many women around the age of 50, while testosterone is declining for men much more slowly. When men's testosterone levels become depleted, they are also at higher risk for osteoporosis," Dr. Ryan added.

Recent scientific studies have helped to substantiate the connection between osteoporosis and hormones.

British scientists experimenting with mice believe they may have found why post-menopausal women often suffer from osteoporosis, according to findings reported in 2003.

The researchers discovered that mice lacking a key estrogen-regulating protein were unable to grow enough bone cells. The research was expected to lead to new therapies to treat osteoporosis in post-menopausal women.

"As Dr. Heaney explained, good nutrition is so important to stop the progression toward osteoporosis," Dr. Ryan said. "So is avoiding sugar and alcohol, which can serve to deplete calcium from the bone as well as to upset the body's healthy pH balance. Balancing hormones through the addition of bioidentical hormones also can help some women prevent osteoporosis."

In addition to bone density scans, Dr. Ryan said a urine test – the pyridinium crosslinks urine test – is available to help detect whether the body is losing bone mass.

For more information about osteoporosis, contact Dr. Ryan at Alternatives: A Center for Conscious Health at 827-9450. or visit www.centerforconscioushealth.com.

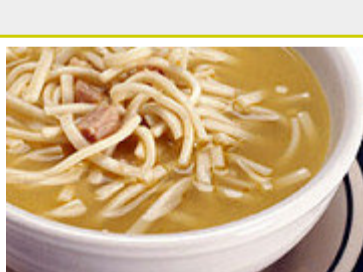
Support Group to Feature Q and A with Dr. Ryan

Alternatives: A Center for Conscious Health, has scheduled a support group meeting for Monday, Nov. 13, from 6:30 to 8 p.m. at the clinic located at 11036 Oak St., in Rockbrook Village. The meeting will feature a Q and A with Dr. Patricia Ryan, founder of Alternatives.

If you are planning to attend, please contact the Alternatives office at 827-9450.

Healthy Eating

Alternatives: A Center for Conscious Health, regularly schedules support meetings and pot luck dinners to share healthy recipes. Following, from Alternatives' nutritionist Rosie Vincent R.N., is a recipe for Chicken Stock – a soup with many uses and one rich in calcium and helpful for preventing osteoporosis.



- 1 whole free-range chicken or 2 to 3 pounds of bony chicken parts such as necks, backs, breastbones and wings
- 4 quarts cold filtered water
- 2 TB apple cider vinegar
- 1 large onion, coarsely chopped
- 2 carrots, peeled and coarsely chopped
- 3 celery sticks, coarsely chopped
- 1 bunch parsley

Cut chicken parts into several pieces. If you are using a whole chicken, remove the neck and wings and cut them into several pieces. Place chicken and wings in a large stainless steel pot with water, vinegar and all vegetables except parsley. Let stand 30 minutes to one hour. Bring to a boil and remove skum that rises to the top. Reduce heat, cover and simmer for 6 to 24 hours. The longer you cook the stock the richer and more flavorful it will be. About 10 minutes before finishing the stock, add the parsley. Remove whole chicken or pieces with a slotted spoon. Reserve chicken for chicken salads, enchiladas, sandwiches or curries. Strain the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.

Source: *Nourishing Traditions* by Sally Fallon and Mary Enig, PhD

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Featured Product – Energique D-3



Energique D-3, a Vitamin D supplement, is on special this month for 25 percent off at Alternatives: A Center for Conscious Health. When purchasing the product, please mention that you saw this special in the November newsletter.

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