



The Truth about Osteoporosis

Drug advertisements greatly exaggerate post-menopausal risks of osteoporosis. Most likely, you will not end up severely hunched-over with a weak back and brittle bones. Hip fractures are more common, though, and can be prevented with some minor behavior changes and natural health care in your earlier years or even later on in life.

Lower your risk of osteoporosis:

- Eat a natural diet full of vegetables and natural fatty acids
- Perform moderate exercise
- Get some sunshine
- Avoid soft drinks, caffeine, nicotine and excess simple sugars

Because society encourages women to be thin, we are more likely to follow unbalanced, deficient diets. We tend to consume more carbohydrates than men, often refined and processed sugars and flours, which can deplete the body of nutrients such as calcium. Diet foods often

contain altered fats, such as partially hydrogenated oils or trans-fatty acids. These fats are toxic to the body and deplete it of nutrients. The consumption of fat-free foods that are loaded with sugar and chemicals, and are even more detrimental to your body.

Most Americans are magnesium deficient, rather than calcium deficient. Our soils have been over-planted, and vegetables are picked when not yet ripe. Our foods are irradiated and covered with pesticides and synthetic hormones. All these factors contribute to magnesium-deficient foods, leading to magnesium-deficient bodies. Calcium must have magnesium to be absorbed in your body. Instead of taking calcium supplements, it is more important to obtain your calcium from calcium-rich foods such as wild salmon, raw spinach and kale. Synthetic estrogen replacement therapy also can interfere with your body's ability to absorb calcium.

Have you seen the television commercials telling you that certain chewable antacids will provide you with all the calcium you need? That's misleading information. Calcium requires sufficient stomach acid, in order to be absorbed by the body. Antacids are designed to neutralize stomach acid and this makes the absorption all nutrients difficult to impossible for your body.

Osteoporosis is not a symptom of menopause and it is, for the most part, a preventable condition.

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Chewable antacids may contain calcium, but the antacids, use the calcium to neutralize the acid in your stomach. Calcium is very alkaline and is used naturally as a buffer in the body. The calcium in those antacids is not going to your bones, or even past your stomach.

Those of you with heartburn problems should also know that taking antacids over the long term will actually increase your heartburn problems. Antacids alkalize your stomach pH, which is the opposite of what you need. Ironically, your stomach not being acidic enough causes most heartburn problems.

Acid is required for the digestion of foods at body temp, which at 98.6°, being close to 100° is a very warm temperature. This acid is required to breakdown the food in your stomach and prepare to go onto to the large intestine, where it is broken down further and the vitamins and minerals are used to run your body.

This break down in the intestine is only complete if there is enough stomach acid. If, however, the stomach is lacking in acid, when the food goes and is churned by the stomach at over 100°, if there is no acid present the food starts to decay and the bacteria from the decaying food gives us indigestion, reflux and belching or other unpleasant problems.

Yes, it is excess acid, but it's from the food that is in our stomach, that incompletely digested. If indeed your body makes too much acid all the time, you would get an ulcer not acid reflux, because the excess acid would eat away the stomach. The good news is, that there is a natural solution for both of these problems, by addressing what is creating the digestive problem and correcting the cause, rather than just masking symptoms.

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Stubborn WEIGHT, FATIGUE & SLEEP?



SOME HIGHLIGHTS: ***FREE WORKSHOP***

- Learn why people are NOT LOSING FAT in the stomach despite all efforts to diet and exercise?
- Find out why HIGH protein diets DO NOT work for certain people.
- Learn the "SLEEPING problem" connection to a SLOW METABOLISM.
- Is something making you get up in the middle of the night (2:00-3:00am) and PREVENTING YOU FROM GETTING BACK TO SLEEP?
- Learn the HIDDEN cause of FATIGUE and BRAIN FOG. Find out what is preventing you from getting your ENERGY and FOCUS back?
- Find out why a person could have a CALCIUM DEFICIENCY despite taking calcium supplements or even consuming calcium rich foods.
- Learn a BIG reason why KNEE and BACK PAIN doesn't always go away.
- Learn what CRAVINGS to sweets, breads, chocolate and salt mean?
- Understand the 4 body shapes and their characteristics.
- Learn the biggest mistake people make while exercising, which involves burning SUGAR instead of burning FAT.
- Learn the common denominator behind tendonitis, bursitis, twitching under the left eye, leg cramps, tartar on teeth and right shoulder tightness.
- Find out why nervousness, stress and worry can stay in the body and become difficult to get rid of, especially while sleeping.

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