



Wellness Update May 2015

by Susan Hanly - Naturopath

DO YOU KNOW SOMEONE WITH OSTEOPOROSIS?

It wasn't that long ago that age-related bone degeneration and subsequent loss of height, due to osteoporosis was accepted as a normal part of ageing. Elderly folk with stooped backs and brittle bones suffered from falls, which left them incapacitated due to broken bones. This story isn't only historical though as even in Australia today it is estimated that 15% of women and 3% of men over the age of 50 suffer from osteoporosis. Fortunately there is a great deal you can do to protect your bones and reduce the risk of osteoporosis affecting you.

WHAT IS OSTEOPOROSIS?

Osteoporosis occurs when there is a loss of calcium and other minerals from your bones, which undermines the normal bone structure and therefore strength. A reduction in mineral content is referred to as a loss of bone mineral density and results in porous, brittle bones that can be easily broken in a fall or merely carrying out everyday activities, such as lifting heavy shopping bags.

Osteoporosis is often called a 'silent disease' as there may be no indication that a loss of bone density is happening until a fracture occurs. However, it's not only broken bones that are of concern as reduced bone mineral density can also lead to significant pain, immobility and ultimately a loss of independence. So what can you do to maximise your bone density and reduce bone mineral losses?

HOW TO REDUCE THE RISK OF OSTEOPOROSIS?

During your growth years, calcium and other minerals from your diet form the foundation of strong healthy bones, with peak bone mass being achieved during your 20s. A lifelong diet rich in calcium incorporating dark green leafy vegetables, sardines, nuts and seeds,

as well as dairy products all offer excellent sources of calcium. Getting sufficient vitamin D through moderate sun exposure, or supplementation, to support calcium absorption, along with regular weight bearing exercise that helps promote bone density all help create a solid foundation for skeletal health.

By your mid-30s bone mineral density begins to wane naturally, however poor lifestyle choices such as smoking and excessive alcohol intake, as well as the onset of menopause in women can all accelerate this process. At this time diet becomes even more essential to ensure you are obtaining sufficient calcium to keep your bones strong. However, obtaining your daily calcium needs through diet alone is not always achievable. Fortunately, you can help support bone mineral density by utilising a highly absorbable form of calcium. I will recommend calcium hydroxyapatite for this purpose.



WHY CALCIUM HYDROXYAPATITE?

Microcrystalline hydroxyapatite (MCHA) is nature's ready-made bone density kit. It is derived from whole bone and contains not only highly absorbable natural calcium but all the elements required for bone reconstruction in a protein-mineral complex. MCHA provides the two key minerals required to maintain bone density, calcium and phosphorus, in an ideal 2:1 ratio; whilst the 'pre-packaged' trace minerals in the matrix including zinc, boron, chromium, copper and iron, are found in the same physiological proportions as in healthy bones.

In addition to all the bone-building minerals, MCHA also contains specific proteins needed to 'cement' the minerals together such as collagen, growth factors and bone amino acids. As vitamins K and D play important

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roles in the regulation of calcium movement into and out of bone these form an important addition to any bone supporting formula. Last but not least, soy isoflavones help enhance bone reconstruction, particularly in postmenopausal women, making this ideal for women in particular.

VITAMIN D LEVELS

Adequate vitamin D levels are really important for strong bones and also a proper functioning immune system. Many people are wandering around oblivious to the fact that their Vitamin D levels are far below adequate. A simple blood test can show your Vitamin D levels. Sunshine on its own is not enough to build up your level if it is particularly low – a *quality* supplement is required for a few months.

BONE DENSITY

Bone strength is commonly tested by a bone density test done every 2 years. If you are losing bone then you can actually lose quite a bit in 2 years. I use a more active test. It is a urine test which is sent to a Melbourne lab that measures the residues of bone breakdown excreted in the urine. All the time we are breaking down and rebuilding bone. In healthy bone maintenance these are in equal ratios. With decreasing bone density the bone breakdown is occurring faster than the rebuilding. This is why we test for the breakdown products and if your levels are too high for your age and gender then we know you are losing bone too quickly and need a treatment regime to arrest this loss before it becomes problematic.



CALCIUM FOR QUALITY OF LIFE

There is a great deal you can do to support your bones and help prevent osteoporosis, even if your bone mineral density has already started to decline. Speak to me today about how calcium hydroxyapatite may help you to support the level of calcium in your bones so you can live a longer, stronger life.

NOT ALL SUPPLEMENTS ARE CREATED EQUAL

Not all supplements are created equal. By that I mean that if you want quality products that are actually going to be of benefit to you and not waste your money then Practitioner Ranges are the ones to be using.

I have mentioned this in previous newsletters but it really is important especially when your bones depend on it. Practitioner ranges are supplements that have been designed and produced to be prescribed and sold by Practitioners who know what they are doing. These formulas are often bigger doses of ingredients and better quality. Yes you will pay more for them but this easily justified by the superior quality and better response you will get.

Self diagnosis or 'Dr Google' assisted diagnosis is not always accurate and then you buy inferior supplements online or in discount shops to treat a possibly incorrect disorder. Does that really sound like the best way to nurture and cherish good health?

REMEMBER
Quality Health Assessment
treated with
Quality Practitioner Only Supplements
Leads to
Quality Health Outcomes

Isn't that what you want for the health of you and your family?

Call today – prevention is better than cure!!

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