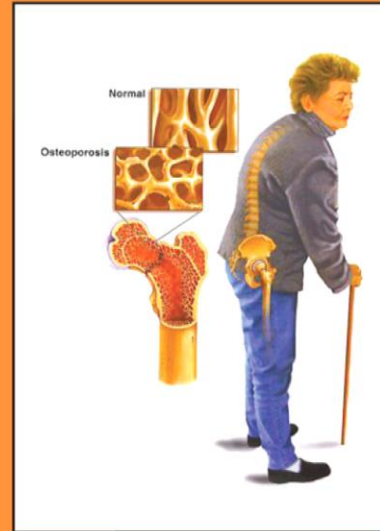


LYLE L. LEFFLER, H.D.

**The FACTS
and TRUTH
about
OSTEOPOROSIS**



Osteoporosis

Lyle L. Leffler, H.D.

Introduction

Osteoporosis is a condition that affects both women and men however; I tend to treat more women in my practice. During the past ten years I would estimate that, of the women consulting me for the first time, more than 50% over the age of 50 inform me that their bone density tests have indicated a gradual loss of bone mass. They are now suffering from osteoporosis. They have been told they are now at risk for a fracture and drug therapy will be required for the rest of their lives for prevention. The potential side effects from any drug is cause for apprehension, especially one that is required for the rest of one's life.

When I reflect back over my 36 years in practice many of my patients, who are now in their 70s, 80s, and even 90s, are enjoying exceptionally good health. They live an uninhibited life without dependence on prescription drugs. Because of their age I am sure that each and every one is suffering with osteoporosis to some degree, however, it is proportionate to their age.

During the years that these patients have been under my care, I have not directly treated them for the prevention of osteoporosis, but instead for the prevention of all disease. I have walked with these patients through each and every health concern they have had, ensuring it was cured and not merely suppressed.

I wish to discuss the facts, prevention, and treatment of osteoporosis and also include some of my clinical experience concerning the prevention of all disease, as the incidents of every disease increase yearly.

Facts

Osteoporosis is a term that means "porous bones". This disease affects the body's skeletal structure by reducing bone mass and deteriorating bone tissue. Bones then become fragile and are more likely to break. These broken bones, known as 'fragile fractures,' occur typically in the hips, wrist and spine. The latest statistics are showing that over the age of 50, one in four women and one in eight men suffer with this disease.

Understanding our bones is key to understanding osteoporosis. Mature bone is composed of proteins and minerals. Approximately 60% of the weight of the bone is mineral, mainly calcium and phosphate. The remainder is water and matrix, which is formed before the mineral is deposited and can be considered the scaffolding for the bone. About 90% of the matrix proteins are collagen, which is the most abundant protein in the body. Collagen is very strong and forms bone, cartilage, skin and tendons. Bone is a dynamic organ constantly remodeled throughout life. It is continually being absorbed and reformed. This is accomplished under the actions of the basic multi-cellular unit, osteoclasts and osteoblasts. Osteoclasts are recruited to the leading edge of the bone,

dissolving the mineral and matrix, forming cavities which then are filled in by recruited osteoblasts. The entire process takes approximately three months. Osteocytes are the body's communication network which are constantly monitoring and evaluating the body's bone structure. When weakness is detected within one's bone fracture, osteocytes communicate with osteoblasts, which will commence to strengthen the weakened areas or repair a fracture. This entire process requires periosteal circulation, enzymes, protein, calcium, phosphate and vitamin D. The integral communication system which exists within these cells is a necessary component of bone remodeling. This communication system can be referred to as the body's 'internal intelligence,' the body's life force which has a direct influence on every physiological process. Any defect in the bone remodeling process will lead to a gradual demineralization of the body's bone structure which can lead to osteoporosis.

Because the demineralization is gradual, osteoporosis is referred to as a silent disease. It can manifest over an extended period of years without warning, symptoms or incident. Then an insignificant fall results in a fracture. Unlike many other health concerns such as cancer or cardiovascular disease, this is not life-threatening; however, it can reduce one's quality of life enormously and cause disfigurement, loss of mobility and loss of independence. There is also the financial aspect to consider. The repercussions on the Canadian health care system alone, are estimated at \$1.9 billion.

Causes and Symptoms

Osteoporosis is described as a disease. Disease refers to an 'ill state of health.' But what does this 'ill state of health' imply? When we discuss disease, regardless of its name, we must remember that all disease starts with an ill state of health. Healthy people do not succumb to disease. For many, 'healthy' is no aches and pains, and a yearly checkup with their physician. This includes a host of blood tests which appear to be within an acceptable range. The problem with this is that a person can be in an ill state of health for months or years before symptoms appear. The following questions may help determine if one is actually in an ill state of health.

- Do I feel balanced - mentally, emotionally and physically?
- Am I coping effectively with the stresses in my life?
- Do I awake in the morning feeling refreshed?
- Do I have a sense of well being?
- Am I happy?

If one answers no to any one of these questions then he or she is in an ill state of health. This may also be referred to as a 'state of unease,' and with time may lead to a 'state of disease'. When this occurs it will be the individual's susceptibility which will determine the disease he/she will succumb to. Why do some people fall ill with allergies, asthma, arthritis, cardiovascular disease, osteoporosis or cancer? Disease is always multi-factorial in terms of cause. One must treat the cause not the disease!

ILL STATE OF HEALTH AND THEIR CAUSES

Nutrition

There are several contributing factors responsible for our present-day nutritional deficiencies. Dietary habits have changed dramatically for both adolescents and adults. Our present-day pace of life does not provide us the time to prepare meals that are nutritionally balanced. People are eating on the run, earning them the name 'The sandwich generation'. Our youth frequent the school cafeteria for pizza and French fries rather than bringing a nutritious lunch, that could, for example, contain a whole grain sandwich, fresh fruit and veggies. Furthermore, present-day agriculture with its chemical fertilizers, pesticides, insecticides and genetically modified grains has severely upset the balance of nature, including the nutritional quality of our soil. This is verified in the reduced number of earth worms currently found in our farm soil. Today's life style, with its altered dietary habits and foods that no longer contain the nutrients they once did, can be considered an important factor contributing to society's present ill state of health. Nutrition is the foundation of the body. The remodeling of our bones requires an adequate supply of many nutrients, including enzymes, quality protein, calcium, phosphorus and vitamin D. But the story doesn't end here.

When strolling down a supermarket aisle, there are numerous products advertised as low fat, no fat, low cholesterol, low calorie, high protein, etc. Most often these attractively packaged items are both eye-catching and stimulating to the taste buds. Furthermore, they will program you into believing that they are healthy as they claim to be fortified with this or that vitamin. These so-called foods contain virtually no 'real food' and instead contain a large amount of fillers, artificial flavorings, additives and preservatives. The consequences of their consumption have a destructive effect on every living tissue in the body.

Hyperacidity

Hyperacidity may well be considered another major contributing factor towards the development of osteoporosis. Hyperacidity has several causes such as the intake of soda pops containing phosphoric acid, alcohol, excessive tea and coffee, animal proteins and, of course, stress. The well-known condition experienced by numerous people suffering from hyperacidity is heartburn. Hyperacidity also has a destructive effect on every living tissue in the body. It may also be considered a primary cause of degenerative osteoarthritis.

Stress and the Endocrine System

The body's endocrine system is responsible for producing a host of hormones which collectively influence every physiological function in the body. In terms of osteoporosis, the parathyroid glands regulate the calcium level in our bodies to within a very narrow range so that the nervous and muscular systems can function properly. They measure the amount of calcium in the blood every minute of everyday. When the calcium levels are

below normal, the gland recognizes this and produces parathyroid hormone (PTH) which takes calcium out of the bones and puts it into the blood. When the calcium in the blood is high enough the glands shut down and stop making PTH. This makes calcium one of the most closely regulated minerals in our body. When we are under excessive stress, calcium is utilized excessively causing hyperactivity of the parathyroid gland.

There isn't a health care provider in the world today who wouldn't agree that stress is our number one cause of disease. Prolonged stress, whether it is because of finances, excessive work, grief, anger or the worries of life in general, result in a neuro-endocrine imbalance. The pituitary and hypothalamus glands are the body's master glands. The 'Industrial Revolution' has created a life style which is causing a daily over-stimulation of these glands. This is frequently observed in hyperthyroidism hypothyroidism, hypoadrenalism and the big one, HYPERTENSION. This neuro-endocrine imbalance is the primary reason why many women experience great difficulties weathering the years of menopause. The most frequent symptoms experienced are heat flashes, mood swings and depression. Many women say they have not felt well since menopause. This is a common complaint. Menopausal women, with a neuro-endocrine imbalance, will also experience noticeable changes in their bone structure, most commonly reduced bone density.

The most destructive repercussions of over-stimulation of the pituitary and hypothalamus glands is the over-production of cortisol. Cortisol is produced by the adrenal glands and is essential for our everyday lives, however; over-production is extremely destructive to every tissue in the body.

Stress is the primary cause for the disruption in the body's 'internal intelligence,' the vital force of the body. This is the most intrinsic aspect of the anatomical portion of the human body. Medical science in the present day, advanced as it is, especially in terms of diagnostic procedures, is unable to visualize the body's vital force. This is the origin of all chronic disease. The word 'chronic' by medical definition means incurable.

Susceptibility

Despite the many factors which can contribute to osteoporosis, it must be considered as a product of aging. Most people will experience this disease to some degree. For many, their Osteoporosis represents a premature or accelerated aging of their bones. These individuals, especially those having a thin, rather small bone structure, are going to be more susceptible to the disease. Their metabolisms throughout life prevent the assimilation of many of the necessary nutrients required to maintain a healthy bone structure. These individuals lose bone mass rapidly, especially after menopause. This will be discussed in greater detail later.

Drinking Water

The National Environment Research Institute analyzed bone density of skulls collected from east Greenland between 1882 and 2002. The results of the analysis indicated the

skulls collected near 2002 showed a reduction in bone density compared to those from the early 1900s. Researchers attribute this to the many pollutants in the water. A common example we should consider is our drinking water which includes chlorine, commonly known as Javex. This is a product we currently use to bleach our clothes.

Prescription Drugs

The use of diuretics is a common prescription for the treatment of hypertension. In fact, diuretics are added to other hypertensive prescriptions as a complementary. Allopathic diuretics often react aggressively on the kidneys. The most common side effect is the depletion of potassium, however many other essential minerals are also depleted. It is well documented that long term use of steroids can cause a depletion of calcium. Recently in the Canadian Press, Dr. David Goltzman announced that elderly people taking antidepressants for more than five years showed a 4% reduction in bone density and were at twice the risk of wrist, ankle and hip fracture.

PREVENTION

The Medical Approach

The majority of women over the age of 50 are encouraged, by their physicians, to go for a yearly “Bone Density Test” (BDT). Presently this procedure is the most accurate way to determine the rate of bone loss. Bone loss is a product of aging, therefore is going to occur in most women; however it must be proportionate to their age. The female’s bone structure must be taken into consideration. Bone density loss in large-framed women is not as crucial as in small-framed women. For several decades medical science convinced society’s females that hormone replacement was an absolute necessity after the age of 50 for the prevention of both heart disease and osteoporosis. Unfortunately, for many women, there were devastating side effects. Today, drugs containing bisphosphonate are the standard prescription. The action of this drug is to prevent osteoclasts from absorbing old bone; however this prevents osteoblasts from reforming new bone. In a study conducted by the National Institute Of Child Health And Human Development in 2004, patients receiving bisphosphonate showed increased bone density however bone strength decreased and brittleness increased. The primary reason for this is in the remodeling of bones. Old bone is not absorbed and new bone is not reformed. Other side effects may include digestive problems, muscle and joint pain.

The Alternative Approach

Throughout one’s life, many non-life-threatening health issues can be experienced such as various aches and pains, influenzas, injuries, mild depression, hypertension, digestive problems etc. Insignificant as they may appear, this is one way the body’s life force can forewarn of more serious health issues to come. Many of our present-day illnesses carry the prefix chronic: chronic arthritis, chronic asthma, and chronic fatigue. What disease is not considered chronic in the present day? One of the primary reasons for chronic disease is the improper treatment of acute illness. Most often our symptoms are suppressed with

pain killers, repeated antibiotics, antacids and other band-Aids. Our everyday health issues are far greater than 50 years ago. Nowadays there is growing need for everyone to have two health providers, a medical doctor and a homeopathic doctor. Your physician has vital access to diagnostic procedures, but with the diagnosis, does medical science have a cure, or just another band-Aid? If you are only in an ill state of health there is no diagnosis. The homeopath will assess your health concern by asking you many questions such as:

- What is your chief complaint?
- What are your symptoms?
- What is the sensation in your complaint?
- How did it start?
- What are the factors that influence your condition?
- How does your complaint affect your life?
- Describe your personality
- How are you feeling mentally and emotionally?
- Are there any stress factors in your life? If so, how do you respond to them?
- Are you a chilly or warm person?
- What are your food desires and aversions?

The body's immune system has been discussed in great detail in many health publications. Addressing our everyday health concerns in a curative way is the most effective way to maintain a well-functioning immune system. This is what is required for the prevention of all disease, including osteoporosis.

Diet

Considering every cell in the human body requires a constant supply of many different nutrients, diet is the foundation for the prevention of all disease, including osteoporosis. From my beginning years in practice to the present I have always advocated that one's diet contain a variety of fruits, vegetables, salads, legumes, lean meats, nuts, seeds, whole grains and unrefined vegetable oils. Prepare your meals using only natural ingredients and natural seasonings. Fast food, which has become a large part of society's daily diet, should be avoided. Good dietary habits are based on common sense and logic. Only eat the food our Creator gave us. Try to obtain organic foods if possible. Not only are they far more nutritious, their taste is superior.

Exercise

The effects of living a sedentary or inactive life is gradual and very often goes unnoticed for many years. Obesity is the most obvious repercussion. However, the health risks associated with obesity are well documented and include hypertension, cardiovascular disease and diabetes. Many of my patients now in their 70s and 80s who display a very health body structure demonstrate the virtues of maintaining physical fitness throughout one's life. Yesterday's lifestyle, unlike the present day, required physical fitness for

survival. Many daily chores required some degree of physical exertion, such as cutting the grass with a push lawnmower.

Undoubtedly exercise and being physically active is essential for maintaining healthy bones and preventing osteoporosis. The skeleton is living tissue which can rejuvenate and rebuild itself throughout life. When bones are subjected to extra strain osteocytes, which cover the surface of bones, sense the strain, and osteoplasts are called on to increase the bone's strength. This is referred to as adaptation. A good example of adaptation is seen in body builders. It is well advised to join a gym for a good work out, making sure to work all muscle groups and incorporate weight-bearing exercises. I advise you obtain a body trainer who can prepare a workout for your age and body frame. The second best alternative to the gym is going for a brisk walk for one hour at least three times weekly. Purchase a one pound weight which can be strapped to your ankles and wrists. This provides a very inexpensive work out. This protocol accomplishes a lot, not only aesthetically, but also for cardiovascular and lymphatic circulation and is a good stress reducer.

Nutritional Supplements

Considering the reduced nutritional quality of our present-day food, nutritional supplementation of one's diet is essential. Age, occupation, and state of health must be considered in formulating a nutritional supplement regime that is best suited for the individual. Although nutritional supplementation should be exercised throughout ones life, age 50 seems to represent the time for both men and women where a more specific supplement regime is required. Many people will make the remark that after menopause and andropause I noticed a decline in energy and stamina. At this time in our lives, for most, the aging process accelerates. The two aspects of our anatomical structure most affected at this age are the cardiovascular and osteoarticular systems. Your supplement regime must address these areas.

RECOMMENDED

Arthrosclerosis [hardening of the arteries] is unenviable as we age. Any impairment of periosteal circulation [circulatory system of your bones] can upset the proficiency of the remodeling process.

C.V.S

Aid for cardiovascular health

C.V.S Support Formula provides a synergistic and comprehensive combination of vitamins, minerals, enzymes, herbals and other nutrients as well as chelating factors, designed to support the healthy structure and function of the cardiovascular system.

Dosage: one tablet 2 X daily taken after the meal. If early symptoms of cardiovascular are present such as hypertension 3 X daily.

Calcium

As previously mentioned calcium is by far the most important mineral required by the body. In order for calcium to be absorbed and functional a host of other nutrients are required.

Magnesium is as important as calcium and is required for the absorption of calcium. It also regulates parathyroid gland and activates bone-building osteoblasts.

Potassium is required for maintaining an alkaline pH, regulating blood pressure, maintaining optimal efficiency of the body's electrical system and regulating the body's water balance.

Zinc is required for the production of osteoblasts, bone-forming cells, stimulates the release of hormones, metabolizing protein and efficiency of bone repair.

VITAMIN C is an antioxidant, combats the process of oxidation, which is a major factor in the aging of our bodies and is necessary for the production of collagen which is required for bone formation.

SILICA is the cement for the bodies bone structure.

VITAMIN D3 is required for calcium absorption in the intestines. Vitamin D3 is produced on the surface of the skin by the ultraviolet rays of the sun.

Lyle's Calcium Magnesium Formula

Each tablet contains

Chelated Calcium Carbonate	350 mg
Chelated Elemental Magnesium	175 mg
Elemental Potassium Citrate	10 mg
Elemental Zinc Citrate	5 mg
Vitamin C	200 mg
Silica	5mg

Dosage: One tablet 1 to 3 times daily, taken after meals.

This calcium preparation contains the aforementioned nutrients except Vitamin D. Vitamin D is a fat soluble vitamin therefore is storable. For those who enjoy the outdoors in the summer they are producing and storing Vitamin D3. It is preferable to add Vitamin D to your vitamin regime during the autumn and winter when your exposure to the sun's rays is considerably less.

Lyle's Super Halibut Liver Oil Capsules

Each capsule contains

Halibut Liver Oil Vitamin A	10,000 I.U
Halibut Liver Oil Vitamin D	400 I.U

Dosage: 1 to 2 capsules daily, taken after the meal.

MAINTAINING HEALTHY JOINTS

Although osteoporosis is considered a silent disease, this is not totally true. Would not a structure of such divine creation not present a forewarning of problems to come. Early symptoms of osteoporosis may include tenderness of finger joints, mild stiffness of joints and reduced mobility on beginning to move.

Lyle's GCS

GCS contains three active ingredients which can maintain healthy joints.

- 1 Glucosamine sulphate which can restore and maintain synovial lubrication of joints as well maintaining integrity of muscles, ligaments and tendons of the joint
- 2 Chondroitin Sulphate which can maintain the periosteal surface of your joints.
- 3 Stinging Nettle Herb is a botanical containing large amounts of silica which aids in the maintenance of a healthy bone structure, furthermore reduces uric acid and lactic acid which are contributing factors in the manifestation of osteoporosis.

SUPER FOODS

The nutrients required by our bodies to maintain optimal health goes far beyond the capabilities of regular vitamin supplements. There are numerous minerals and trace elements which may be considered the “spark plugs” required to activate various physiological processes within our bodies. The superior source of these nutrients is from super foods.

Lyle's Super Greens Capsules

Super Greens provides a variety of vitamins, minerals, enzymes, antioxidants, essential amino acids, and other important phytonutrients. Super Greens is a concentrated all-natural blend of premium grass and vegetable powders, botanical extracts, sea algae, as well as pre-and probiotics.

Dosage: Two capsules daily, taken after a meal, during winter months.

POOR ASSIMULATION

Individuals having a small bone structure are the most prone to osteoporosis. The primary reason for their susceptibility to this is poor assimilation of nutrients which more than likely has been present most of their life. The activation of their metabolisms requires minerals to be administered in homeopathic dilution.

Rexorubia

Each granulated pellet contains: Natrum Sulph. D3, Calcarea Carb. D2, Calcarea Iodata. D2, Calcarea Phos. D2, Ferrum Phos. D2, Magnesium Phos. D2, Rubia D2, Juglans Regia D2. Rexorubia is a formulation of homeopathic remedies used in demineralization and decalcification. It helps re-launch the absorption of calcium and phosphorus and other minerals. Rexobubia is especially recommended for small-to-medium build people as well as individuals suffering from weight loss or convalesce following an illness.

Dosage: one teaspoon dissolved in mouth 3X daily 20 min. before the meal.

NOTE: not recommended for diabetic as it contains saccharose.

Lyle's Essential Fatty Acid Capsules

Fatty acids make up the lipid bi-layer of all cellular membranes, including those in living bone tissue. Free radical damage or deficiency in these critical lipids (fats) can cause both cell-to-cell communication and cellular absorption potentials. These beneficial and necessary fats are called long-chain omega-3 essential fatty acids. Your body is unable to make them itself.

Dosage: One capsule 2 to 3 times daily, taken after a meal.

YOUR ILL STATE OF HEALTH MAY BE CAUSING POOR ASSIMILATION OF NUTRIENTS

During my years in practice I have observed many people who have made the following statements, “ How can I be sick? Why am I not feeling better? look at all the vitamin supplements I’m taking”. For individuals who are in an ill state of health, due to post viral syndrome, a common condition following a severe influenza, surgical procedures or any illness that has left you in a convalesce state, can impair the bodies absorption and effective assimilation of nutrients. This health concern requires a food supplement which can act as a catalyst, improving assimilation of all nutrients. The problem with most food supplements is that they are man made therefore when in an ill state of health their assimilation can be difficult.

Bio-Strath

The process of producing Bio-Strath uses a specific yeast cell which is fed with selected herbal extracts and then liquefied by fermentation yielding plasmolised yeast.

Bio-Strath contains 10 vitamins, 19 minerals, 20 different amino acids and 12 essential factors. Bio-Strath nutrients are in a completely bio available form.

Dosage: 1 teaspoon 3X daily taken before the meal.

CONCLUSION

Your health is your most important commodity in your life. Worth more than all the wealth one can acquire in a life time. Most people don't appreciate good health until they have lost it. Then they would give all their wealth in return for their health.

Follow the following steps in preventing an ill state of health and osteoporosis

- Eat a variety of fruits, vegetables, nuts, seeds, whole grains and unrefined vegetable oils.
- Try to consume foods that are in season.
- Avoid man made foods.
- Avoid eating on the run, take time for nutritious meals.
- Drink only spring water or purified water.
- Maintain physical fitness, exercise 2 to 3X weekly.
- Develop a self awareness when you feel you have lost your sense of well being.
- Address everyday health issues using homeopathy to ensure they are cured and not suppressed.
- Follow a nutritional regime providing the necessary nutrients required for your age, occupation and state of health.