

IMPORTANT FACTS THAT CAN MAKE OR 'BREAK' YOUR BONES

If I were to teach the world just one nutrition lesson, this would be it.

Taking calcium to make your bones strong DOES NOT WORK.

In fact, I guarantee that the more calcium you ingest, the more health issues you will have.

TOP 5 MYTHS THAT ARE "BREAKING YOUR BONES"

Myth 1: Calcium will prevent and reverse osteoporosis. FALSE

Consider these facts:

1. North American women have one of the highest levels of calcium consumption in the world. They also have one of the highest rates of bone fractures.
2. In Japan, where the average woman consumes two-thirds less calcium, the rate of spinal fractures is half what it is here. And in China and Peru, where women consume even less calcium, bone fractures are practically unheard of.
3. The 12-year Harvard Nurses' Health Study found that women taking 900 mg of calcium per day or more had DOUBLE the rate of hip fractures than those who consumed half as much.
4. Several other studies have found no bone-building benefit from taking calcium. One study took 36,282 women and randomly assigned them either 1,000 mg of calcium or a placebo. (Both groups took vitamin D as well.) Result: The women taking calcium saw no decrease in fractures and no increase in bone density of the spine.

Myth 2: The more calcium you take the healthier you will be. FALSE

My mentor used to drill into my head that "calcium was the sheep and magnesium was the shepherd". If you consume lots of calcium but no magnesium to tell it where to go, then you will have calcium dropping out of solution (not going to your bones) and going places that it shouldn't.

When you have more calcium than magnesium you will find calcium in places it shouldn't be which causes such things as tendonitis, bursitis, arthritis, and bone spurs. Too much calcium and not enough magnesium can lead to plaque in the arteries, kidney stones, gallstones, calcification of the aortic valves and the painful calcification of joints.

"Calcium is essential for bone, joint, muscle and ligament health, while magnesium is necessary for calcium's proper incorporation into bone, by preventing a build-up of calcium into the soft tissues and joints.... Most people, though, consume too much calcium and not enough magnesium" - (Burton Goldberg Group, Alternative Medicine: The Definitive Guide, Future Medicine Publishing, Inc. WA, p. 533).

Myth 3: Milk is loaded with calcium and therefore is good for your health and bones. FALSE

When you understand the relationship between calcium and magnesium, you will understand why dairy is NOT helpful to your health or your bones. It is true that milk (and other dairy) is loaded with calcium but is also exceptionally low in magnesium.

Dairy products can make you very acidic which will cause you to lose calcium from your bones (see pH balance further on in this report).

Most people are getting adequate calcium through their diets, but they are not getting enough magnesium. Magnesium is also easily lost due to stress, diuretics, alcohol and sugar consumption. Therefore most people are calcium rich and magnesium poor, which does not make for good health or strong bones!

Myth 4: Fosomax will safely help to restore bone strength. FALSE

Fosomax works by slowing down the process of old bone being removed, and the claim is that this will allow the bone-forming cells time to rebuild normal bone.

A little later in this report I will share with you *a totally safe and natural way of rebuilding bone without taking a drug.*

But the question still remains, is it safe to take a drug like Fosomax? I have listed the possible side effects so that you can decide for yourself. The following is taken from <http://www.news-medical.net/drugs/Fosamax.aspx>

Tell your doctor if you notice any of the following and they worry you (Brenda's note, but if you get any of these side effects and they don't worry you, does that mean the drug is safe for you?):

- Stomach pain, gas in the stomach or bowel, wind an uncomfortable feeling in the stomach or belching after eating, also called dyspepsia, or heartburn
- Feeling sick (nausea), vomiting
- Constipation, diarrhea
- Headache
- Aching muscles, joints and/or bones, which rarely can be severe

- Flu-like symptoms, typically at the start of treatment, such as aching muscles, generally feeling unwell, and rarely, fever.
- Swelling of joints
- Dizziness or spinning sensation
- Unusual tiredness or weakness
- Swelling of hands, ankles or feet
- Hair loss
- Changed sense of taste

Most of these are the more common side effects of FOSAMAX. For the most part, these have been mild (Brenda's note, *would you feel any of the above symptoms would be considered 'mild'?*).

Tell your doctor immediately if you notice any of the following:

- Skin rash or redness of the skin, sometimes made worse by sunlight, itchiness
- Mouth ulcers
- Blurred vision, pain or redness in the eye
- Symptoms of low blood calcium levels including muscle cramps or spasms or tingling sensation in the fingers or around the mouth.
- New or unusual pain in your hip or thigh,

These side effects are rare, and very rarely, may be serious.

Tell your dentist and doctor immediately if you notice any of the following:

Jaw-bone or dental problems (including toothache). Jaw-bone problems may include infection, and delayed healing after a tooth extraction or other work that involves drilling into the jaw-bone.

These side effects are rare and may be serious.

If any of the following happen, stop taking FOSAMAX and tell your doctor immediately:

- Difficulty or pain upon swallowing
- Chest pain
- New or worsening heartburn

These side effects may be due to irritation or ulceration of the food pipe. They may worsen if you continue taking the tablets. Rarely, these side effects may be serious.

If any of the following happen, stop taking FOSAMAX and tell your doctor immediately or go to accident and emergency at your nearest hospital:

- Swelling of the face, lips, mouth, throat or tongue which may cause difficulty in breathing or swallowing
- Pinkish, itchy swellings on the skin, also called hives or nettlerash
- Severe skin reactions

- Black tar-like and/or bloody stools

Things to be careful of

There have been side effects reported with FOSAMAX that may affect your ability to drive or operate machinery. Individual responses to FOSAMAX may vary.

I will stop here, but there are many more cautions and concerns.

What did you decide? Is Fosomax a safe way to rebuild bone?

Myth 5: You need at least 1200 mg of calcium per day to build strong bones.

When US scientists were working out the RDAs (recommended daily allowances) for calcium, they used calcium carbonate as their benchmark. It was cheap, easily available and provided consistent samples. Calcium carbonate is inexpensive because the raw material comes from either limestone (used in cement and processing bleach) or oyster shell (accumulates poisons from polluted waters).

The scientists were aware at the time that carbonate is not well absorbed and gave a maximum value of 30% absorption. Therefore, 30% of 1200 mg is at best 360 mg. But even this is an unrealistic amount of calcium to assume you are getting from the carbonate form, as you would need perfect intestinal and digestive conditions to absorb any useful amounts of calcium carbonate.

In reality, the average woman will absorb less than 10% of calcium carbonate meaning that out of 1200 mg, she will absorb less than 120 mg.

So for all these years women have been told that the best way to build strong bones is to take 1200 to 1500 mg of supplemental calcium daily all so that they could absorb at best 360 mg and more likely only 150 mg or less.

Unfortunately this is one of the biggest myths regarding calcium and bones as those that are perpetuating the myth have never questioned the reasoning behind the large dosage recommendation.

But the scariest fact about this myth, is that the more calcium you consume, the less healthy you will be (refer back to myth 2 for explanation).

Note: Tums contains calcium carbonate so even if I were recommending calcium supplements, Tums would not even make it to the bottom of my recommendation list.

TOP 5 FACTS THAT WILL 'MAKE' YOUR BONES

Fact 1: pH Balance is Essential to Bone Health

Our bodies need to maintain a proper pH Balance. The pH level is a measure of acidity or alkalinity. The proper range depends on which gland or organ you are measuring. For example, your stomach needs to be more acidic to break down food for digestion. Whereas your intestines need to be more alkaline so that pancreatic enzymes can do their digestive work and good bacteria can flourish.

The pH scale is zero (indicating the most acidic) and fourteen (indicating the most alkaline). Mid-range of 6.5 to 7 is ideal for your intestines and 7.4 for your blood. If your blood is acidic, your body will use up your supply of minerals to buffer the acidity in attempt to create a balanced pH. You will use up potassium, magnesium, sodium and calcium to name just a few. Once your reserves are used up, your body will rob minerals from your bones, joints, muscles, etc.

Problem: If you are too acidic, your body will rob calcium from your bones causing you to eventually develop osteoporosis. Acidity also leads to many other health problems.

Researchers found in one study that female athletes who drank carbonated soft drinks (which are highly acidic) experienced 2.3 times more fractures than those who abstained.

Solutions:

- 1). Purchase a pH testing kit from our One Stop Health Shop at www.HormoneRollerCoaster.com and regularly monitor your pH balance.
- 2). Eliminate the worst pH offenders.

Offender number one: Pop

Pop is the worst drink imaginable for someone who wants to be in good health or who wants to prevent or reverse osteoporosis. An average can of soda has a pH of 2.5, which is highly acidic. Also, phosphorus is used to keep nearly all soft drinks bubbly. The excess phosphorus (as phosphoric acid) is very detrimental, as it imbalances the minerals in the body. The phosphorus binds with calcium and other vital minerals such as magnesium, manganese, zinc and copper, making them unavailable to the body.

My recommendation: Stop drinking ANY kind of soda (even commercial soda water)!

Offender Number Two: Decaffeinated or caffeinated coffee or tea

Coffee and black teas are both very acidic.

My recommendation: Limit your black coffee/tea intake to 8-16 oz per day. If you currently drink a lot of coffee, do not cut back quickly. Instead, wean down slowly.

Offender number three: High acid forming food.

My recommendation: Reduce your intake of

1. Wheat and white flour products such as pastas and breads.
2. Refined sugar products such as cookies, cakes, candies, ice cream and muffins.
3. Dairy products such as cheese, yogurt, and milk. (Eggs are NOT a dairy product).

Offender number four: Smoking.

My recommendation: It is beyond me how anyone can justify their smoking habit. There are no true benefits and only negatives. If you continue to smoke, osteoporosis will be the least of your worries!

3). Put your focus on your vegetables

The best way to create pH balance is to increase alkalinizing foods and the best food to get the job done is VEGETABLES.

Vegetables are also a great way to get all your bone building minerals because the roots of vegetables go into the soil and absorb the minerals.

But if your vegetables have been grown in mineral depleted soils (and most soils are depleted these days), they will be very lacking in minerals. Buy certified organic whenever possible and make up the balance with your supplement regime which we will discuss later.

My recommendation: Every day eat at least 2 cups of vegetables not including your intake of lettuce, peas, corn, mushrooms and potato. You can eat them, they just don't count.

Fact 2. Balanced Hormones Can Actually Rebuild Bones

Osteoclasts VS Osteoblasts: Bone forming cells differentiate into osteoclasts and osteoblasts. Osteoclast cells continually travel through bone tissue looking for older bone in need of renewal. Osteoclasts resorb or dissolve away such bone leaving tiny unfilled spaces behind. Osteoblasts then move into these spaces and produce new bone.

The function of estrogen is to restrain osteoclast cells, but on the other hand, natural progesterone stimulates osteoblast cells. Therefore, estrogen can slow down bone loss but natural progesterone can actually rebuild bones.

That is why it is so important to use the strategies in my book "***Get Off the PMS & Perimenopausal Roller Coaster, Learn 9 Natural Fast Track Solutions to Balanced Hormones***", to balance your estrogen and progesterone.

If you have already lost bone mass, I would highly recommend the appropriate use of natural bio-identical progesterone cream, outlined in **Chapter 14: Fast Track Solution Nine - The Appropriate Use of Natural Bio-Identical Progesterone Cream.**

If you are menopausal, I can suggest applying 20 mg of natural bio-identical progesterone cream daily for 25 days of each month.

Please Note: Progestin will not work and I do not recommend Prometrium as a substitute for natural bio-identical progesterone cream.

Fact 3. Only Specific Types of Exercise Helps Build Bone

Do weight bearing activities which put pressure on bones, especially the legs and spine, stimulate the formation of new bone tissue. Swimming on the other hand, which puts no pressure on bones, doesn't help prevent osteoporosis.

My recommendation: walk, hike, play tennis or badminton, go to Jazzercise, dance, or do strength training, boot camp, High Intensity Interval Training, etc. Even everyday things like taking the stairs and mowing the lawn contribute to good bone health.

Fact 4. You Need Adequate Hydrochloric Acid (HCL – essentially stomach acid) Secretion to Absorb Minerals

If you don't produce enough HCL you could end up with iron deficiency anemia or osteoporosis because you need good stomach acid to make your minerals available for absorption.

Decreased HCL may also show up as gas, bloating, and discomfort after rich meals. Most people with indigestion/heartburn are actually LACKING in HCL.

Other signs of a possible HCL deficiency are food allergies, leaky gut syndrome, diabetes, eczema, psoriasis, vitiligo, and tooth/ periodontal disease. If you are prone to intestinal bacteria, yeasts, and parasites you may be low in HCL.

The older you get the less HCL you are likely producing, but no matter what your age chronic stress causes HCL production to decrease.

Be aware that drugs for heartburn and acid reflux such as Pariet slow or prevent the production of acid in your stomach. Without your stomach acid you can't absorb your dietary calcium!

If you suspect that you are low in HCL, try taking a Betaine Hydrochloric Acid supplement after a meal. If you don't need it, you will get a warming sensation in your stomach. If you need it, you won't get that warming.

My recommendation: Consider this; if you have acid reflux or indigestion, you have it for a reason. Why not work with a health care practitioner to get to the bottom of it instead of trying to cover the problem up with a Band-Aid. Any medication can give you relief but eventually it will give you a side effect which will be diagnosed as a new health issue and possibly a new medication will be prescribed to treat it. Besides, you may have heartburn because you actually have TOO LITTLE stomach acid, not too much!

Adding insult to injury: In myth 5, I pointed out that Tums contained calcium carbonate which is very poorly absorbed calcium. Now you have just learned that antacids (like Tums) block your natural HCL that you need to make your calcium available for absorption. So, if you consume Tums on a regular basis you are in fact adding insult to injury and causing yourself more harm than good.

Fact 5: Calcium is Not the Most Important Nutrient for Building Strong Bones.

It is time to switch your focus from calcium to other important bone building nutrients. You might be SHOCKED to discover which nutrients will help you build strong bones!

When you read the following list of top 10 bone building nutrients, I hope that you will be excited to recognize them and thrilled to know that you have already been taking them since the day you started taking the Daily Essential Nutrients recommended in my book "***Get Off The PMS and Perimenopausal Roller Coaster, Learn 9 Natural Fast Track Solutions To Balanced Hormones***".

It is easier than you think to take ALL the Daily Essential Nutrients that I have recommended in my book. I have drawn on my 30+ years of expertise and knowledge to combine all those nutrients together in one convenient package called the Total Health Pack.

Each Total Health Pack contains 60 individually sealed packs of daily supplements providing the Daily Essential Nutrients in a way that is correctly combined, highly absorbable and at therapeutic levels to deliver ...RESULTS! Learn more at www.HormoneRollerCoaster.com

TOP 10 BONE BUILDING NUTRIENTS

1). Vitamin D3

Transports calcium and phosphorus from the intestine into the blood and it decreases excretion of calcium. It also helps mineralize your bones.

Inadequacy of Vitamin D3 is pandemic in adults. Vitamin D deficiency causes osteopenia, precipitates and exacerbates osteoporosis, causes the painful bone disease osteomalacia, and increases muscle weakness, which worsens the risk of falls and fractures.

Vitamin D3 is also known as the sunshine vitamin, which means your body can make its own when you're out in the sun WITHOUT sunscreen (sunscreen prevents your body from getting the sun it needs to make vitamin D).

Therefore Vitamin D deficiency can be prevented by sensible sun exposure but that isn't always easy. You would need at least 15 minutes of sun exposure three times a week — winter and summer — to get enough Vitamin D. That's difficult to do if you live in a cold or rainy climate.

Also as you get older, the less efficient your body is at making vitamin D3.

Because we are learning about so many other benefits of vitamin D3 as well, I think it is wise to supplement with D3.

My recommendation: is that you do not use the synthetic vitamin D2 as it only has 1.2% of the potency of the natural D3.

I would suggest a minimum of 1,000 IU to 2,000 IU of vitamin D3 per day. If you are taking the Daily Essential Nutrients (my brand is the Total Health Pack), then you are already getting 500 to 1,000 IU of vitamin D daily depending on whether you are taking one Total Health Pack or two per day. If you need extra Vitamin D in the winter, we have vitamin D3 tablets and vitamin D3 liquid in the One Stop Health Shop at www.HormoneRollerCoaster.com

2). Boron

Osteoporosis will occur when the osteoblasts cannot replace lost bone tissue as fast as the osteoclasts break it down. Osteoclasts appear to deplete bone at a faster rate after menopause,

leaving women at a greater risk of bone degradation. Boron appears to have a moderating effect on this process.

This is one of the reasons that I have included boron in my Daily Essential Nutrient Recommendations. You will find Boron Citrate 25 mcg in each Total Health Pack and there is additional boron in both of my recommended calcium/magnesium formulas that I will discuss later in this report.

3). Vitamin C: This is one of the MOST important nutrients for building bones

Vitamin C produces collagen which is important because it gives all your tissues — and especially bone tissue — form, strength, and resiliency. Unfortunately, the need for vitamin C increases with age because collagen is destroyed faster than you can build it.

Also stress burns up vitamin C.

Therefore you need way more vitamin C than can be provided through a nutritious diet.

If you are already taking the Daily Essential Nutrients (Total Health Pack) then you are already getting close to my recommended amounts of vitamin C. I say 'close to' rather than 'you are getting' because you may only be taking the Daily Essential Nutrients once a day rather than twice a day. So if that is the case, I highly recommend either taking the Daily Essential Nutrients (Total Health Pack) twice a day, or if you know that you aren't going to be consistent with taking one Total Health Pack (which is the equivalent of one dose of the Daily Essential Nutrients) twice a day, then take one Total Health Pack once a day and later in the day take an extra dosage of vitamin C.

I only recommend calcium ascorbate (buffered vitamin C) with bioflavanoids. You will find the perfect blend and dosage of calcium ascorbate and bioflavanoids in our One Stop Health Shop at www.HormoneRollerCoaster.com Remember, calcium ascorbate is buffered vitamin C, not a calcium supplement.

I recommend calcium ascorbate (buffered vitamin C) with bioflavonoids because it will go into your blood faster and stay there longer.

4). MSM (methylsufonylmethane)

MSM helps form new cells which you need to build new bone.

My recommendation is 1,000 mg twice a day. If you are taking the Daily Essential Nutrients (Total Health Pack) twice a day, then you are already getting the correct dosage. However, if

you are only taking the Daily Essential Nutrients once a day, I recommend taking another 1,000 mg of MSM at another time in your day. You can purchase the MSM that I recommend at the One Stop Health Shop at www.HormoneRollerCoaster.com

5). Vitamin A and Omega 3

Vitamin A and essential fatty acids (from Omega 3) make it possible for vitamin D to do its important work in the intestinal tract. Vitamin A also helps increase the rate of bone growth.

My recommendation is to take 10,000 to 50,000 IU of vitamin A daily along with omega 3 containing anywhere from EPA 180 mg/DHA 120 mg to EPA 660/DHA 330 daily.

You know what I am going to say, don't you? Yes, these nutrients are included in the Daily Essential Nutrients (Total Health Pack). However, if you want to take the higher dosage, then you will need to take extra Vitamin A and Omega 3 from the One Stop Health Shop at www.HormoneRollerCoaster.com along with your Total Health Pack (Daily Essential Nutrients).

6). Potassium

Potassium is required for cell formation. Make sure that you get potassium citrate for maximum absorption.

Potassium is included in the Daily Essential Nutrients (Total Health Pack) but if you feel you need to take extra, you can purchase my recommended brand at the One Stop Health Shop at www.HormoneRollerCoaster.com

7). Zinc

Adequate levels of zinc are necessary to form collagen tissue, unite bone fractures, heal wounds and prevent osteoporosis. To build (and rebuild) strong bone, you need collagen or the calcium has nowhere to go. To make collagen, you need zinc and vitamin C.

To maintain healthy bones you need to consume 12 to 15 mg of zinc daily. Don't trust your diet to provide all of your zinc; get at least 10 mg a day through supplementation. Choose zinc citrate over any other form. There is 5 mg of zinc citrate in the Daily Essential Nutrients (Total Health Pack). However, if you have already lost bone, then I would suggest taking at least 30 to 50 mg of zinc citrate a day. This will mean taking an additional zinc citrate supplement along with your Total Health Pack. I do not recommend taking more than a total of 50 mg of zinc daily. You will find my recommended zinc supplement in the One Stop Health Shop at www.HormoneRollerCoaster.com .

8). Manganese

Research has uncovered the unique role manganese plays as a co-factor in the formation of bone cartilage and bone collagen, as well as in bone mineralization. Osteoporotic changes in bone can be brought about by a manganese deficiency, which appears to increase bone breakdown while decreasing new bone mineralization.

In a Belgian study, blood levels of manganese of severely osteoporotic women were found to be just one-fourth those of non-osteoporotic women their same age. What's more, of the 25 variables studied, only manganese was significantly different between the two groups.

The recommendation is to supplement with 1 mg to 5 mg of manganese citrate daily. You will find 1 mg of manganese citrate in the Daily Essential Nutrients (Total Health Pack). So you will be well within the range if you are taking the Total Health Pack once to twice a day.

9). Vitamin B6

B6 works with magnesium to facilitate the production of progesterone (which stimulates bone building osteoblasts cells) and reduces inflammatory reactions in connective tissue and collagen repair.

But not just any B6 will do. You should be supplementing with some pyridoxal-5-phosphate which is the active form of B6. And, you should never take B6 without the other members of the B complex family: Choline, Inositol, PABA (Paraminobenzoic Acid), Biotin, Folic Acid, Vitamin B12, B1 (Thiamine), B2 (Riboflavin), B3 (Niacin or niacinamide) and B5 (Pantothenic Acid).

If you are taking the Daily Essential Nutrients (Total Health Pack) you will be getting the right form of B6 along with the other B complex nutrients.

10). Magnesium

In my opinion, magnesium is far more important to bone building than calcium.

Remember, calcium is the sheep and magnesium is the shepherd. Without an adequate supply of magnesium calcium will NOT be placed in your bones. It will end up in places it shouldn't (refer to myth 2).

You are getting magnesium in balance with calcium in the Daily Essential Nutrients (Total Health Pack), but in my experience, most women need to take (even if only temporarily) additional supplemental magnesium.

All the details you need about this extremely important mineral can be found in Chapter 7: **Fast Track Solution Two - Magnesium, The Miracle Mineral in my book “Get Off PMS & Perimenopausal Roller Coaster, Learn 9 Natural Fast Track Solutions To Balanced Hormones”**.

This chapter covers

- What magnesium can do for you
- How to determine whether or not you are deficient
- How to balance your deficiency
- And more

OTHER BONE BUILDING NUTRIENTS

1). Calcium

Of course we need calcium. The problem has been that we have focused on it exclusively as a means of protecting our bones and as you have just read; calcium alone is not the answer. We need to put less attention on calcium and more attention to the other factors that I have listed in this special report.

The rule of thumb is that you can always take magnesium without calcium but you should not take calcium without magnesium.

My recommendation: Your best source of calcium is through mineral rich vegetables, nuts and seeds but if you want to supplement with calcium that's fine too. Just remember that by taking the Daily Essential Nutrients (Total Health Pack) you are already getting some calcium citrate balanced with the other 10 bone building nutrients.

If you wish to take a calcium supplement along with the Daily Essential Nutrients (Total Health Pack) make sure it is calcium citrate (carbonate is next to impossible to absorb) matched to equal or more amounts of magnesium citrate or calcium amino acid chelate matched to equal amounts of amino acid chelate magnesium.

For your convenience, we carry two of my approved calcium formulas in our One Stop Health Shop. One is called Osteo and one is called Opti Cal/Mag.

2). Vitamin K2

Vitamin K1 is normally found in green, leafy vegetables and helps mainly with blood clotting.

Vitamin K2, on the other hand, is responsible for regulating calcium. It's in charge of telling your body when to fuse the calcium into your bones.

The 7-year-long “Framingham Heart Study” conducted by the National Heart Lung and Blood Institute and Boston University, showed that people with low intakes of Vitamin K2 have weaker bones and a higher risk of hip fractures.

A Japanese study found that Vitamin K2, along with Vitamin D, appears to be better for increasing your bone density than calcium. In fact, those women in the study who took calcium alone saw their bone density actually decrease.

Where can you get vitamin K2?

1. Egg Yolks – I have been telling my clients for years that eggs are healthy for you and that they won’t raise your cholesterol (read the article at www.HormoneRollerCoaster.com “How Do You Start Your Day?”). Now here is another reason not to fear them. Not only will they provide you with a good dose of K2, but you’ll also get plenty of vitamins and nutrients. Whenever possible, choose cage-free, pastured eggs.

2. Organ Meats – If you’ve got a taste for it, liver is an excellent choice. Make sure you get your organ meats from grass-fed, free-range cattle.

3. Traditionally Fermented Cheese – Two cheeses in particular have moderately high amounts of K2. Swiss Emmental and Norwegian Jarlsberg.

4. Fermented organic soy foods (*notice the emphasis on fermented*).

5. If you have the right balance of 85% healthy intestinal bacteria to 15% bad bacteria, you can produce your own K2. (Refer to Chapter 9: Fast Track Solution Four - Eliminate Candida Overgrowth in my book “*Get Off the PMS and Perimenopausal Roller Coaster, Learn 9 Natural Fast Track Solutions to Balanced Hormones*” for details on balancing your intestinal bacteria.)

6. You can get vitamin K2 in both calcium formulas (properly balanced with magnesium, vitamin D of course) that are available in the One Stop Health Shop at www.HormoneRollerCoaster.com One product is called Osteo and the other is called Opti-Cal/Mag

3). Silica

The best-documented function of silica is that it facilitates bone calcification and bone mineralization.

Our Osteo formula contains silica, our Opti-Cal/Mag does not. Since the best form of silica is extracted from bamboo we also carry bamboo silica in our One Stop Health Shop at www.HormoneRollerCoaster.com

4). Phosphorus

In case you have been told to take phosphorus, I will mention it here as it is essential for laying down bone, but in excess it binds with calcium and other vital minerals such as magnesium, manganese, and zinc making them unavailable to the body. You get lots of phosphorus in a healthy diet, so I do not recommend you take supplemental phosphorus.

WHAT YOUR BONE BUILDING SUPPLEMENT PROGRAM WOULD LOOK LIKE

Three Suggested Supplement Programs

Option 1: For Great Health and Strong Bones

Along with the lifestyle recommendations, the supplement regime would look like this:

After Breakfast

1 Total Health Pack (Daily Essential Nutrients)

After Dinner

1 Total Health Pack (Daily Essential Nutrients)

****extra magnesium citrate before bed if warranted (refer to **Chapter 7: Fast Track Solution Two - Magnesium, The Miracle Mineral of my hormone book**)**

Option 2: For Great Health and Strong Bones

Along with the lifestyle recommendations, the supplement regime would look like this:

After Breakfast

1 Total Health Pack (Daily Essential Nutrients)

After Dinner

1,000 mg of MSM

1 capsule of calcium ascorbate (buffered vitamin C)

****extra magnesium citrate before bed if warranted (refer to **Chapter 7: Fast Track Solution Two - Magnesium, The Miracle Mineral of my hormone book**).**

Option 3: For Great Health and Rebuilding Strong Bones

Along with the lifestyle recommendations, the supplement regime would look like this:

After Breakfast

- 1 Total Health Pack (Daily Essential Nutrients)
- 1 calcium ascorbate (buffered vitamin C) **optional depending on the degree of bone loss
- 1 Osteo or Opti-Cal/Mag

After Dinner

- 1 Total Health Pack (Daily Essential Nutrients)
- 1 calcium ascorbate (buffered vitamin C) **optional depending on the degree of bone loss
- 1 Osteo or Opti-Cal/Mag
- 1 Ultra Zinc

Plus the proper application of natural bio-identical progesterone cream and a magnesium citrate supplement before bed if warranted. (Refer to **Chapter 7: Fast Track Solution Two - Magnesium, The Miracle Mineral and **Chapter 14: Fast Track Solution Nine - The Appropriate Use of Natural Bio-Identical Progesterone Cream** of my hormone book).

Our Calcium Formulas: The most complete bone formula is Osteo. They are large tablets which may be difficult for some people to swallow. They are a high quality tablet though which means you can easily and safely crush the tablet between your back teeth to chew and swallow with a glass of water or dissolve it in a small glass of warm water to take. Opti-Cal/Mag is for those who prefer capsules over tablets.