

Bones

Vitamin D and Silica

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Vitamin D is a useless supplement?

- Recently published study announced that vitamin D does NOT increase bone density
- This study has received a lot of attention, and criticism, from other health experts
- The study looked at vitamin D **by itself** for bone density, when it is well known that vitamin D **works with other nutrients** such as calcium in order to increase bone density
- Do not stop your vitamin D supplement!
- Vitamin D has many benefits in addition to bone density: reduces risk of heart disease, keeps the immune system strong and reduces risk of cancer and infections, and much more
- 5,000 IU daily, especially in the winter

Another important nutrient for bones:

Silica

- Silica is a mineral
- It can be found in some foods (bananas and beer) or plants (bamboo and horsetail)
- While we usually think of **calcium** as the answer to building bones, **silica** is equally, or maybe more, important!
- Why? It is needed for both **the collagen framework of bone** and to **increase the mineralization of bone**

Silica Benefits

- **Increases** calcium absorption and retention in bones **by over 50%**
 - Stronger bones – less risk of fractures, faster recovery after a fracture
- **Increases** collagen formation by **over 50%**
 - Builds the framework for strong bones
 - Collagen is also used to form hair, skin and fingernails
- **Additionally:**
 - **Strengthens** dental implants and reduces implant failures
 - Reduces pain associated with arthritis and joint diseases
- If you have experienced a bone fracture, have osteoporosis, have had dental implants, or have any other bone concerns: take 40 to 80 mg daily for 4 to 8 weeks
- Otherwise, 20 mg daily for basic support

Bone Spurs

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Since we are talking about bones...

- A **bone spur** is an extra deposit of bone tissue on normal bone
- Frequently occurs in the heels and shoulders
- 1 out of every 10 Americans has bone spurs – most of the time you don't know it is there until the spur is large enough to put pressure on surrounding nerves and tissue
- Bone spurs are PAINFUL

How do I get calcium where I want it and get rid of bone spurs?

- pH of the body is very important
 - When pH is in balance (acid tummy/basic body) bones stay healthy
 - When pH is out of balance
 - Too acid: calcium is pulled from bones to neutralize acid, making bones weak and causing osteoporosis
 - Too alkaline: calcium crystals can form outside bones and cause bone spurs and other problems
- If you have a problem with bone spurs, dissolve them with acidifying nutrients

Acid-promoting nutrients

- Ammonium chloride and betaine hydrochloride
 - Promote acid stomach, which leads to proper mineral absorption
- Calcium chloride and calcium phosphate
- Magnesium glycerophosphate
- Vitamin B6 as P-5-P
- Vitamin C as ascorbic acid
- This formula has worked for over 20 years to dissolve bone spurs!