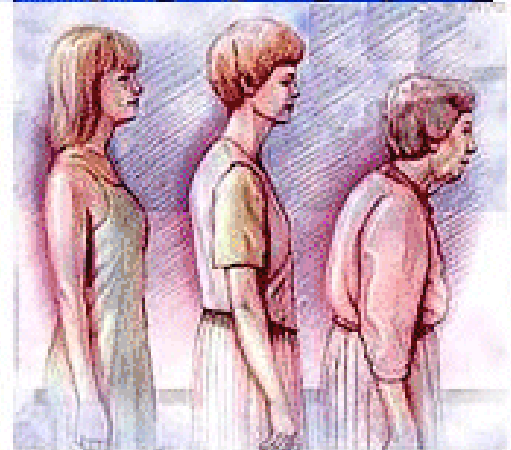
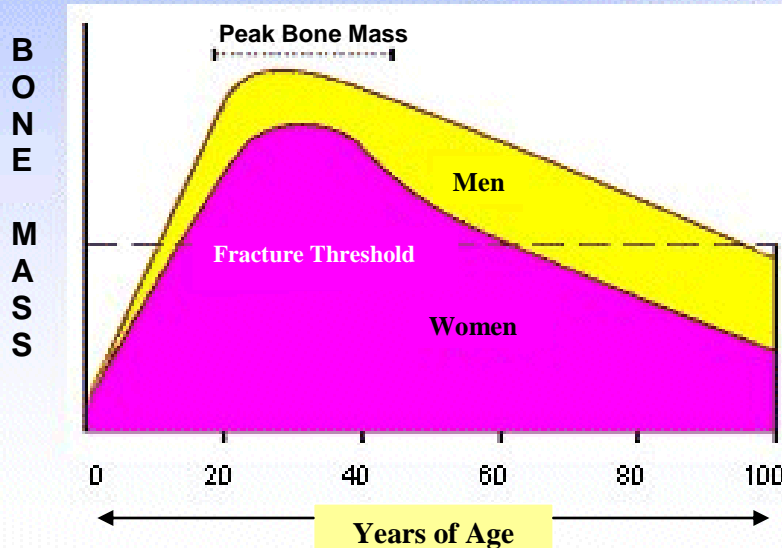
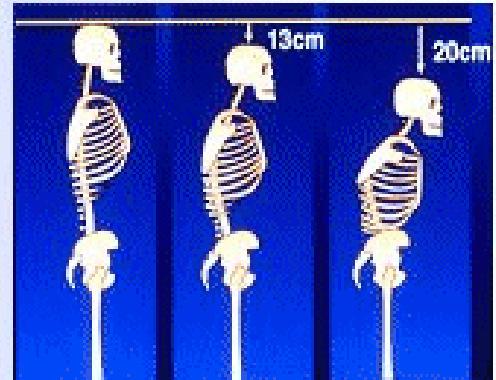
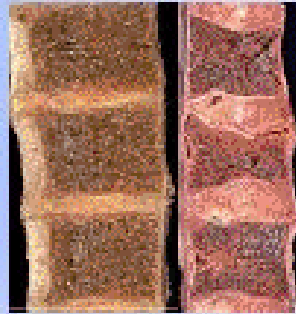


The Importance of GOOD Bone Health

OSTEO System

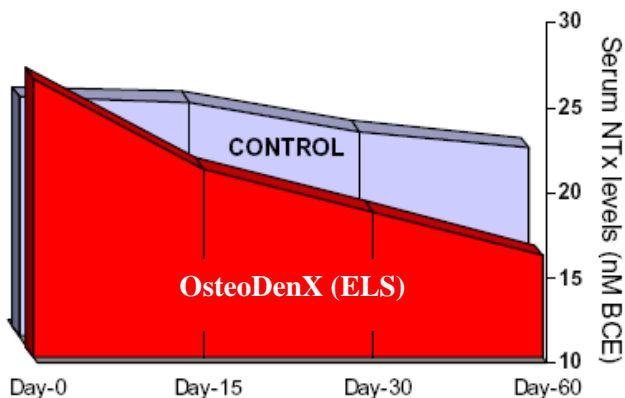
Aging – The Silent Disease

Impact of Changes in BONE MASS on an Aging Body

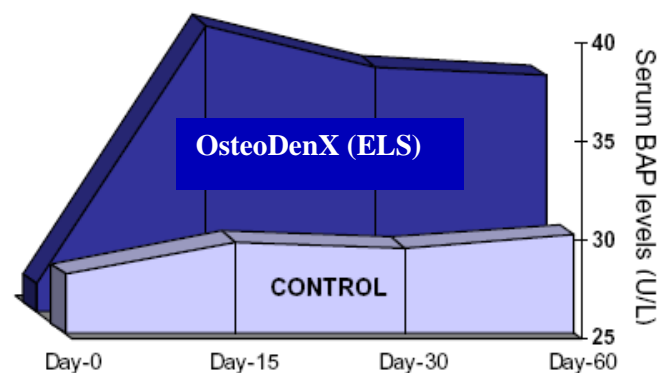


*OsteoDenX (ELS) Clinical Trial Results

Loss of Bone Substance



Bone Formation



* "Effect of Enriched Lactoferrin Supplementation (ELS) on Bone Health in Post-Menopausal Women," by Dr. A.S. Narain Naidu, Ph.D. (Medicine) at <http://www.nterminus.com/nterminus/html/osteoRep.html>.

Date: 25 Sep 2007

HOW OUR SKELETAL TISSUE REALLY WORKS

NEW INFORMATION REVEALS BREAKTHRU !

Osteoporosis experts may be wrong about calcium

Calcium supplements are not the solution to osteoporosis. In fact, you're probably overloaded with calcium and it's making you sicker. The "experts" got it all wrong--again.

And by the way, I'm talking to men as well as women. Bone loss is a major cause of disability, hip fractures and death for everybody over 50. This is an epidemic.

In a first-ever report on bone health, the U.S. Surgeon General said half of all older Americans will be in danger of low bone density and osteoporosis.

Where most of us see a crisis, the pharmaceutical industry sees a gold mine. From their viewpoint, what could be better? Seniors are the fastest growing age group, half of them suffer bone loss, and the disease takes decades to kill them.

The way the drug giants see it, we're suckers who will be buying pills for years! Flip on the TV and you'll see tons of ads for prescription drugs to build bone mass.

These ads remind me of those cheery, feel-good ads for Vioxx. You know, the ads that vanished overnight when the joint-pain drug was pulled off the market for making people's hearts stop.

But bone loss is a case where the most popular supplement has problems, too. I'm talking about calcium, which millions of people are popping in doses of up to a gram a day (1000 milligrams)--or even more. The truth is...

Did you know much of this calcium never gets anywhere near your bones? It piles up in your soft tissues where it can actually harm you.

In fact, the excess calcium buries itself in your artery walls and muscle cells where it contributes to high blood pressure and hardening of the arteries.

Why do you think doctors give you calcium channel blockers for high blood pressure?

Good grief, what's going on here? We're drinking milk and stuffing ourselves with calcium supplements, it's not working and our bones are still wasting away, and we're on prescription drugs for high blood pressure?

Our expert contributors got on the case and found you can save your bones with just 125 milligrams of calcium a day--about a tenth of the typical dose. You just need to make sure the calcium goes where you need it and not to your soft tissues.

How do you do that? It turns out the secret is biologically active proteins and enzymes.

(from NewsMax)

Although osteoporosis patients have an **increased mortality rate** due to the **complications of fracture**, most patients die *with* the disease rather than *of* it.

Hip fractures can lead to **decreased mobility** and an additional risk of numerous complications (such as [deep venous thrombosis](#) and/or [pulmonary embolism](#), [pneumonia](#)). The 6-month mortality rate following hip fracture is approximately 13.5%, and a substantial proportion (almost 13%) of people who have suffered a hip fracture need total **assistance to mobilize** after a hip fracture.^[34]

Vertebral fractures, while having a smaller impact on mortality, can lead to **severe chronic pain** of neurogenic origin, which can be hard to control, as well as **deformity**. Though rare, multiple vertebral fractures can lead to such **severe hunch back** ([kyphosis](#)) that the resulting **pressure on internal organs** can **impair one's ability to breathe**.

Apart from risk of death and other complications, osteoporotic fractures are associated with a reduced health-related [quality of life](#).^[35]

For more information, including an introductory consult,
visit me at KeepMyBonesHealthy.com today.

After all, aren't your BONES worth it ?