

## **FALL NEWSLETTER, 2013**

### **OSTEOPENIA/OSTEOPOROSIS**

Osteopenia/osteoporosis is a chronic progressive loss of bone mass and microarchitectural matrix bone resorption. In other words, osteopenia is a reduced bone mass of lesser severity than osteoporosis while osteoporosis causes the bones to become brittle or fragile. The causes of excessive early loss include acidic metabolism, low estrogen, steroid use, lack of weight-bearing exercise, and/or nutrient deficiency of magnesium, calcium, boron, vitamin D, and vitamin K. Approximately 7.2 million people in the United States are affected with poor bone health including spinal compression fracture, hip fractures, hospitalization, extended healthcare and nursing home admissions. The appropriate diagnosis of osteopenia or osteoporosis is made by a DEXA scan of the hips and lumbar spine. The complications of osteopenia/osteoporosis are the leading contributor to death in women during their 8<sup>th</sup> and 9<sup>th</sup> decade of life. Calcium will not be absorbed if women do not have adequate levels of magnesium and vitamin D which are actually more critical than supplementing with calcium. Without enough magnesium and vitamin D, calcium can collect in the soft tissue causing arthritis, kidney/gall stones, and bone spurs. Thus not enough magnesium the calcium will be under- absorbed leading to arthritis, soft tissue calcification, menstrual or leg cramps, and premenstrual symptoms. Because magnesium suppresses the parathyroid (PTH) and stimulates calcitonin it helps to put calcium into bones as does vitamin D<sub>3</sub> and Boron preventing osteoporosis. Magnesium also helps to remove calcium from soft tissues eliminating some forms of arthritis.

Acidic metabolism (or an acidic pH) is caused by too much white flour and sugar or excessive animal protein not balanced with enough raw fruits and vegetables. Acidic metabolism can be measured with a saliva litmus test for a five dollar investment in a test kit equipped with a pH scale. Excessive acid metabolism leads to systematic over acidity which forces your body to mobilize alkaline minerals (calcium) from your bones and deposit them in your soft tissues creating stones, bone spurs, and uric acid crystallization (gout crystals). According to Charles Dreiling, in his book Human Biochemistry, this process from systematic over-acidity leads to loss of minerals in the body.

The way to become alkaline is to incorporate a substantial amount of raw vegetables and fruit into your diet. I personally use and recommend (if you are not already alkaline) ***Greens First***. One scoop is equivalent to 15 servings of fruits and vegetables per day. Please get a pH test kit and figure out if your pH is alkaline or not. This has a huge bearing on your total health status.

## NUTRIENT DEFICIENCY

Published research over the last 30 years about calcium carbonate, calcium gluconate and whole bone extracts found that the whole bone extract had a superior effect on bone mineralization as opposed to calcium carbonate and calcium gluconate. We use a product with bone extract called ***Cal Apatite*** that not only has a superior effect on bone mineralization but actually helps in skeletal pain and arthritis.

So where I am going with all this information is to let women know that you need extra magnesium, extra Vitamin D3, boron, and quality bone extract calcium along with maintaining an alkaline pH to prevent nutrient deficiency and maintain healthy bones. The products I recommend contain these nutrients and work well. They are ***MgK Aspartate (contains magnesium and potassium)***, ***Osteo B II***, ***Bio D Mulsion Forte***, and ***Cal Apatite***. Also, it is of utmost importance to do weight bearing exercise of light hand weight training coupled with walking.

## COLDS AND FLU

As the weather turns colder and kids begin school, college, and daycare the office staff is asked on a daily basis what to take for a sore throat, cold, cough, etc. First understand the difference between maintenance supplements like the multivitamin ***Activator***, ***Optimal EFA***, or ***EPA-DHA*** (Metagenics fish oil) which are typically dosed at one to two a day verses short-term supplements used to fight off an upper respiratory infection where the suggested dosages are higher and more frequent.

The treatment for a simple cold is ***Antronex*** 2 tablets 3 times daily, ***Zinc Lozenges*** 1 lozenge 3 times daily (with food), and ***Andrographis Complex*** (a premium form of Echinacea) 1 caplet-3 times daily. Children unable to swallow pills would take ***Antronex*** 2 tablets (crushed up and put in applesauce, a smoothie, etc.) 2 times daily, ***Zinc Lozenges*** ½ of a lozenge crushed (add to whatever necessary), ***Category III***, and ***Ltrans***.

For a cold with a sore throat I would recommend ***Antronex*** 2 tablets-3 times daily, ***Zinc Lozenges*** 1 lozenge -3 times daily with food, ***Andrographis Complex*** 2 caplets-3 times daily, ***Cataplex ACP*** 2 tablets-3 times daily, and ***Whole System Lymph*** 2 tablets-3 times daily. For kids: ***Antronex*** 2 tablets-2 times daily, ***Zinc Lozenges*** ½ lozenge- 2 times daily (crushed), ***Category II***, ***Category III***, and ***Ltrans*** (or ***whole sytem lymph*** 1-2 times daily crushed).

For a cold with sore throat, body ache or head ache, and fatigue: adults add ***Category II*** and ***Category III*** 6 draws 3 times a day. For kids use less (based on age).

For an upper respiratory issue with a cough, chest cold, or bronchitis: adults would need ***Tri-guard*** 1 draw three times daily and children would need ***Colloidal Silver*** ½ teaspoon 2 times daily.



Thus for cold-flu season months it would be good to have *Antronex*, *Cataplex ACP*, *Andrographis Complex*, *Whole System Lymph*, *Zinc Lozenges*, *Triguard*, *Category II*, *Category III*, *Category V*, *L Trans*, and *Colloidal Silver* in your arsenal to fight upper respiratory infections.

For gut flu or Nora Virus utilize the probiotic *Bacillus Coagulans* along with *GDS Calm* and *Category V*.

Finally, I believe that people who maintain regular adjustments along with taking immune boosting supplements like *Zinc Lozenges*, *Bio D Mulsion Forte* (vitamin D3), *Greens First*, *Activator*, and *Bacillus Coagulans* are sick less often and when they are sick respond and recover much more quickly.

### **Case Study-Do natural immune boosting supplements work?**

In 2012 I had the opportunity to participate in the care of a young college student who had studied abroad in a university international study program. Unfortunately the student contracted Typhus and Cytomegavirus (a mono like viral infection) that resulted in devastating consequences to the immune system. The student had to drop out of college and was unable to function because of constant fevers, headaches, sore throat, swollen glands, and extreme fatigue. After visiting multiple doctors (including an infectious doctor in Indianapolis who placed the student on antibiotics, which only compounded the problems), the student's parents, who were natural oriented, brought the student into the Lafayette office for care. In the beginning of treatment I would see the student weekly and I literally used every immune product listed above and more. Slowly the symptoms began to melt away like less fever, less sore throat, and glands returning to normal. At one point the student had an appointment with another medical doctor (who had participated in the care) and this doctor asked the student about all the supplements. The physician told the student that medically they did not know how to treat a virus and just to take what I had recommended. This student totally healed and returned to exercising, full time work, and presently is in the last semester of college.

Sincerely yours in health and Christ,

Dr. Markley