

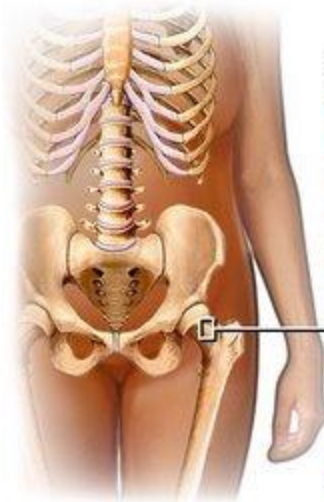
OSTEOPOROSIS



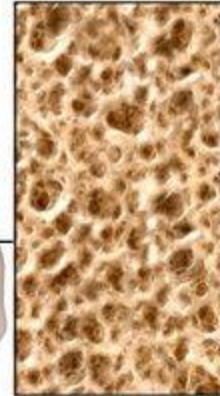
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Currently of intense interest, osteoporosis is supposedly treated by taking extra calcium. When a woman with osteoporosis has a blood test, the calcium level is usually not low. But in order to be assimilated, calcium must be present in the body with the appropriate synergistic minerals, in particular **phosphorus**, which **must be approximately twice the amount of calcium**, and also silica. Without

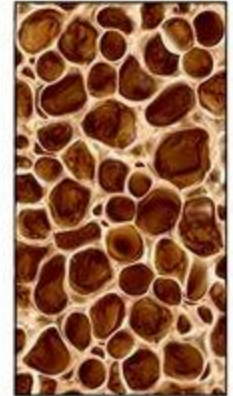
these minerals, and



Normal bone matrix



Osteoporosis



DARK GREENS

BONE BUILDER Combinations

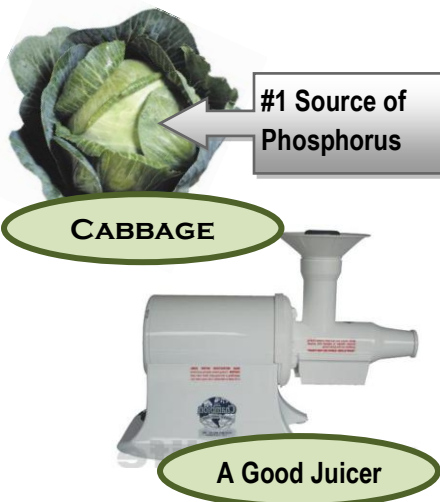
Spinach, turnip leaf, watercress

probably other trace minerals that haven't been linked to the problem yet, the body cannot absorb calcium; it just flows through the system, sometimes depositing and causing gout, arthritis, etc. **The amount of calcium in the body doesn't matter; it's the balance you take in foods that's important.**

For example, when people have broken bones, if their blood calcium is high and their silica low, the bones heal slowly, but if it's the opposite--with low calcium and high silica--the bones heal rapidly. Usually the right foods will provide the correct mineral balance that will naturally avoid osteoporosis. The **Calcium Formula** as well as the **B.F. & C. Formula** can provide concentrated sources of minerals for those who are chronically deficient.

When my fingernails have become soft in the past, I have taken calcium supplements in order to harden them, without very good results. But when I am eating many **raw, leafy greens**, the high concentration of proper minerals harden the nails right up.

Sometimes the imbalance in the system can be brought on by hormonal imbalances, so the **Change-ease Formula** can effectively balance the hormone system.



#1 Source of Phosphorus

CABBAGE

A Good Juicer

What to do if the body doesn't produce adequate hydrochloric acid for digestion.

If your diet is adequate and you are still out of balance, it may be that you are not digesting your food properly; this especially occurs later in life, when the body doesn't produce adequate hydrochloric acid for digestion. The **Apple Cider Vinegar and Honey mixture**--a tablespoon of vinegar and a teaspoon of honey mixed well into a cup of distilled water--taken three times a day, can correct a hydrochloric acid deficiency.



YOUR INTESTINAL FLORA MAY NEED REPLACING

Your intestinal flora may need replacing, which can also cause imbalance in the system. However, taking yogurt probably will not do the job, because most yogurts consist of only one strain of bacteria which, while useful, might not be the one that you need. **A multi-strain acidophilus is better.**

REJUVELAC

Even cheaper than that is **Rejuvelac**, which can be made by:

- Soaking one cup of wheat--previously washed--for forty-eight hours in three cups of water.
- Use the same seed to make a second and third batch, not rinsing the seed in between.
- These batches need soak only twenty-four hours.

Rejuvelac, as you can see, is really cheap, and yet **provides the ferments which can help restore proper intestinal flora.**

PANCREAS ISSUES

If your pancreas is inhibiting digestion, you can add the herbal **Pancreas Aid Formula** to your healing routine.

Description

Osteoporosis characteristically occurs in women after menopause and is presumably related to low estrogen output--the female hormone that dwindles when ovulation and the monthly periods cease. In men, fragile porous bones typically develop considerably later in life and disorder is less severe. But though the disease is associated with late middle age and old age,

Osteoporosis, Puff by Puff



We can believe from what Dr. Jowsey says that long term marginal deficiency in calcium and Vitamin D is the principle villain in the tragedy of osteoporosis. However, other factors, too, influence bone health. We now know, for example, that **cigarettes contribute to bone demineralization** and that we should swear off smoking, supposing we are still hooked on this altogether harmful habit.

In a letter appearing in the Journal of American Medical Association, (July 31, 1972), Dr. Harry W. Daniell reports his findings that heavy cigarette smoking appears to be a prominent factor in inducing osteoporosis. Dr. Daniell, who practices in Reddings, California, was prompted to undertake his study when he realized that most of his under 65 patients suffering from osteoporosis were habitual heavy smokers. (When it occurs before 65, osteoporosis is considered "premature".) The west coast physician and his associates then studied records from the three small hospitals in the area, coming up with the cases of 17 women who have had at least one characteristic osteoporotic bone fracture prior to age 65. Follow-up interviews with the patients of surviving relatives revealed that of the 17, only one was a non-smoker; one smoked less than 20 cigarettes a day; and 15 of the 17 had smoked 20 or more cigarettes daily for many years. An 88 percent correlation between heavy smoking and early incidence of osteoporosis is "statistically significant!"

HOW DOSE CIGARETTE SMOKING AFFECT THE BONES

Dr. Daniell points out that bone minerals (mostly calcium and phosphorus, responsible for the bone's hardness) are "known to be strikingly more soluble in acid solutions," and cigarette smoking is known to increase the acidity of bone tissue. Thus the bone minerals could be expected to dissolve and be absorbed into the bloodstream at a much faster rate when smoking provides the acid environment.

Studies, have shown, Dr. Daniell says, that three consecutive cigarettes cause a prompt transient hypercalcemia--or high content of calcium in the blood. This finding, he explains, suggests that the act of smoking is associated with rapid calcium loss from bone structures.





BEDTIME THE BEST TIME

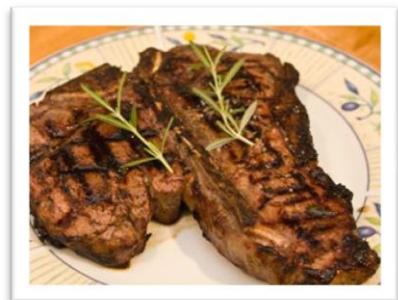
Still other factors can influence the onset of osteoporosis. Writing in the British Medical Journal (June 2, 1973), Dr. P. E. Belchotz and colleagues suggest that taking your calcium supplement just before going to bed might make a difference in preventing excess mineral loss.

Here's the rationale: regular meals during the day constantly provide at least some calcium to the bloodstream. But calcium absorption from the gut continues only three to five hours after eating, and therefore from about midnight on, the lack of incoming calcium from the intestinal tract triggers the action of the parathyroid hormone (parathormone), which stimulates bone demineralization or "reabsorption." The female hormone, estrogen, the authors note, to some extent, desensitizes bones to the action of parathormone. But in postmenopausal women, this protection has been reduced.

Initial clinical studies by the investigators tend to confirm their hypotheses. So take a dose of your Calcium Formula just before retiring and you may counteract those bad night hours when your bones are most likely to dribble away their substance.

HEAVY MEAT EATERS ARE AT RISK

Another factor that triggers the action of parathormone, according to Dr. Jowsey and her associates at the Mayo Clinic is a mineral imbalance, with phosphorus intake grossly exceeding calcium intake (Postgraduate Medicine, October, 1972). **Heavy meat-eaters are at risk** of this condition because meat, while very poor in calcium, is high in phosphorus. It's meat eaters unbalanced high phosphorus intake, in Dr. Jowsey's opinion, that accounts for the now established fact that longtime vegetarians are less susceptible to osteoporosis than are omnivorous.



Bones that are osteoporotic are like beams in a frame house that have been eaten away for years by termites. But instead of termites, what's eating away the calcium from the bones of an osteoporotic person is their own blood. That's because every nerve in the body—including those which cause the heart to beat and the brain to function—needs a precise amount of calcium to carry out its' job. Our bodies are strictly programmed to keep this calcium at the required level. And if there is not enough of this mineral coming in from dietary sources, complex metabolic machinery immediately removes this required amount from the legs, hips, spine, ribs and arms.



THE USE OF CORTISONE OR PREDNISONE

An increase of nitrogen loss through the urine can occur with cortisol administration. This is associated with gluconeogenesis and the trapping of amino acids at a rapid rate by the liver. In extreme adrenal malfunction, **Cushing's Disease**, and the use of large doses of cortisone or prednisone, the results are loss of muscle mass, decrease in thickness of the skin, and osteoporosis, which is the loss of the ossein network in the bone.

ACTIVITY FORTIFIES THE BONES



In 1970, at the annual meeting of the Swedish Medical Society held in Stockholm, Drs. Nils Westlin and Bo Nilsson of Malmö, Sweden reported that when they measured bone densities in young men they found that 64 athletes had significantly higher bone density than 39 non-athletes of the same age. Density was found to rise with increases in physical activity (Medical Tribune, February 6, 1970).

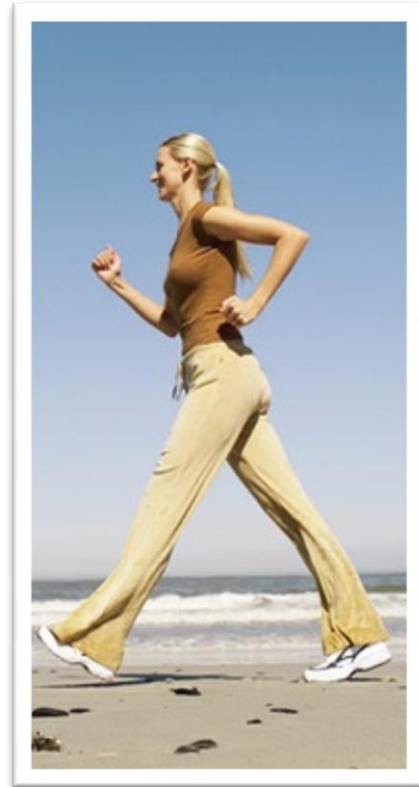
Dr. Carlton Fredericks has said that women with bones weakened by osteoporosis should, if they are capable of doing it, skip rope as a means of therapeutic exercise. The impact on the spine, vertically exerted, generates the electrical forces that drive calcium to the bone areas requiring reinforcement (The Carlton Fredericks Newsletter of Nutrition, July 1, 1972).

Obviously, an elderly man or woman isn't suddenly going to take up jumping rope after having not exercised for several years. But much the same effect could be gained from walking. A brisk walk at least, for those unable to perform more vigorous exercise, is essential if bones are to stay healthy.

Over the years of practice I have had a number of patients who have had broken bones from osteoporosis. One case was a woman in her middle eighties with a fractured hip. After three months in a cast it showed no sign of healing, any more than two pieces of stick growing together. This woman was frightened because she was told that if the hip bones did not knit after putting on another cast for three months, they would cut her leg open and use stainless steel rods, bolts and nuts to make it possible for her to at least get around on crutches.



COMFREY



This was in the early sixties and not much comfrey was available then. The lady's daughter was in one of my classes, and we asked the students to help out by donating as much comfrey as they could. We had enough donated from the class members that the patient had from a pint to a quart of comfrey green drink or comfrey tea each day, six days a week, week after week. At the end of this "three months," the cast was removed and the doctors were amazed, because during the first three months there was "no knitting" of the bone even evident, but with the comfrey being taken orally during the next three-month period the leg was healed. The daughter told us her mother was out square dancing within a couple of weeks after the cast was removed!

BONE, FLESH & CARTILAGE FORMULA AS AN EXTRACT & SLAVE

Since this case was so outstanding we have had a formula developed called **"bone, flesh and cartilage."** This formula has done miraculous things with broken backs, legs, hips, etc. BF&C has been used on curvature of the spine, polio, multiple sclerosis, and muscular dystrophy, stroke and arthritis of the bone. It is used externally as well as orally and has brought tremendously fast results.

This formula for feeding the bone, flesh and cartilage consists of the following and their constituents:

Oak Bark	Calcium, potassium, phosphorus, magnesium and manganese
Marshmallow Root	Calcium, phosphorus, potassium and very heavy in protein
Mullein Herb	Calcium, phosphorus, potassium, magnesium, iron and zinc
Wormwood	Vitamin C, calcium, phosphorus, potassium, chlorine and magnesium
Lobelia	Calcium, phosphorus, potassium, sodium, lobetic acids and many alkaloids
Scullcap	Calcium, phosphorus, potassium, sodium, chlorine, magnesium and iron
Comfrey Root	Protein, calcium, phosphorus, potassium, iron and allantoin
Black Walnut Bark	Sulphur, iodine, potassium, calcium, phosphorus, chlorine, iron, manganese and magnesium
Gravel root	Zinc, copper, manganese, iron, magnesium, chlorine, sodium, potassium, phosphorus and calcium

This formula is a "power house" and has been used on (and restored to health) cancer of the spine, arthritis and polio, and has helped rebuild torn cartilage and sinews, fractures, etc. etc. As you look over the constituents of each it is easy to see the strength and rebuilding power of this group of "God-Given" herbs.



BF&C Salves
 2 oz.....\$19
 4 oz.....\$35



BF&C Extracts
 2 oz\$20
 4 oz\$35
 16 oz\$105
 32 oz..... \$210
 Gallon.....\$630

BF&C Dry Herb Kits
 4 oz\$40
 8 oz\$60

