

## **Preventing and Reversing Osteoporosis: The Proven Role Of Supplementation**

**James Meschino DC, MS, ND**

Recent evidence has shown that specific dosages of Calcium, Vitamin D and the Icariin flavonoid (from the Epimedium Herb) can not only prevent osteoporosis, but can also reverse bone loss in individuals who already have osteoporosis. Quite conveniently, the supplemental dosages required to reverse osteoporosis are also the same dosages that are also shown to prevent this disease. This means that health practitioners should be providing the following recommendations virtually all adult patients, whether or not they have osteoporosis, and whether or not they are already taking biphosphanate drugs to treat osteoporosis.

### **The Chiropractors Responsibility In Osteoporosis Prevention And Management**

Chiropractors are viewed as Bone Doctors by their patients. As such, a great deal of the responsibility for the prevention and management of bone loss in your patients falls to you. In regards to nutrition, the following intake levels of calcium, vitamin D and icariin flavonoid have been shown to prevent osteoporosis and can even help patients with osteoporosis regain some of their bone density back.

Calcium – minimum 1500 mg (1100 from supplementation and 500-900 mg is typically ingested from the North American Diet)

Vitamin D – 1200-1400 IU

Icariin Flavonoid – 60 mg (from Epimedium)

### **Other bone support nutrients of importance include:**

Magnesium – 500 mg

Vitamin C- 1000 mg

Copper – 2 mg

Zinc – 15 mg

B-50 complex

Silica - 2-3 mg

Boron – 1.5 mg

### **The Simple Two-Step Osteoporosis Solution For Every Patient**

All of the above dosages can be achieved by providing your adult patients with:

- 1. A High Potency Multiple Vitamin and Mineral (see example formula below), and***
- 2. A Well-designed Bone Support Formula that includes 60 mg of the icariin flavonoid from the Epimedium herb. (see example formula below)***

### **Osteoporosis: The Magnitude of the Problem**

Approximately one in four women and one in eight men over the age of 50 develop osteoporosis in our society. These are alarming statistics since 25% of individuals who sustain an osteoporotic hip fracture die within the first year from related complications. In Canada, more women die each year from the consequences of hip fractures than from the combined death rate from breast and ovarian cancer (Osteoporosis Society of Canada). In the United States osteoporosis management remains a significant economic health burden that could easily be reversed if practitioners were more vigilant about ensuring that their patients ingest proven dosages of critical bone support nutrients. Sadly, most people are not getting sufficient bone support nutrients.

As a practitioner concerned with bone health I would encourage you to place each of your patients on a High Potency Multiple Vitamin and Mineral and a well-designed Bone Support Formula beginning at age 16, to be sure they are getting the bone nutrients required for prevention and reversal of osteoporosis.

### **Recent Studies Of Interest Showing Reversal Of Bone Loss With Supplementation**

1. The study by Hitz et al (2007) showed that supplementation with 1550 mg of calcium (from calcium carbonate) and 1400 IU of vitamin D increased bone density in men and women over the age of 50, who had already sustained a bone fracture previously. These individuals gained bone density in the neck of the femur (a critical site for life-threatening fractures) and spinal vertebrae.
2. The study by G. Zhang, L. Qin, Y. Shi. (July 2007) showed that supplementation with 60 mg of icariin could increase bone density in postmenopausal women. After two years of supplementation, bone mineral density at the hip (femoral neck) and lower spine (lumbar) increased by 1.6 and 1.3 per cent, respectively, in the icariin group, and decreased by 1.8 and 2.4 per cent, respectively, in the placebo group. See a complete review of this study by clicking the link below:

Don't let your patients suffer the devastating consequences of an osteoporotic fracture. With your guidance osteoporosis is preventable in almost every patient that enters your office – Be sure to discuss this issue with them before it's too late!

Here is an example of the Two-Step Osteoporosis Supplementation Prevention and Management Program using a High Potency Multiple Vitamin and Mineral and a well-designed Bone Support Supplement to achieve proven levels of bone support nutrients:

#### **High Potency Multiple Vitamin and Mineral**

Full Adult Dosage (2 caplets, twice per day) contains:

Vitamin A (palmitate) - 2500 IU

Beta Carotene - 10000 IU

Vitamin D (cholecalciferol) - 400 IU

Vitamin E (d-alpha tocopherol succinate) - 400 IU

Vitamin C (ascorbic acid) - 1000 mg

Vitamin B-1 (thiamine mononitrate) - 50 mg  
Vitamin B-2 (riboflavin) - 50 mg  
Niacin (niacinimide) - 50 mg  
Vitamin B-6 (pyridoxine hydrochloride) - 50 mg  
Vitamin B-12 (cyanocobalamin) - 50 mcg  
Folic Acid - 400 mcg  
Biotin - 300 mcg  
D-Pantothenic Acid (calcium d-pantothenate) - 50 mg  
Calcium (carbonate & citrate) - 500 mg  
Iron (ferrous fumarate) - 6 mg  
Magnesium (magnesium oxide) - 200 mg  
Zinc (citrate) - 15 mg  
Copper (gluconate) - 2 mg  
Chromium (hvp chelate) - 50 mcg  
Manganese (gluconate)- 5 mg  
Selenium (hvp chelate) - 100 mcg  
Molybdenum (citrate) - 50 mcg  
Bioflavonoids (citrus complex) - 50 mg  
Lycopene (5%) - 6 mg  
Lutein (5%) - 6 mg

**Bone Support Formula (take 2 caplets)**

2 caplets contain:

Vitamin D<sub>3</sub> (cholecalciferol) - 800 IU  
Calcium (as calcium carbonate and citrate)) - 600 mg  
Magnesium (as magnesium chelate) - 300 mg  
Icariin Flavonoid (from 200 mg of Epimedium) - 60 mg  
Betaine Hydrochloride - 10 mg  
Bamboo Extract (Bambusa vulgaris, leaf & stem) (70% silicone) - 4.4 mg

**Summary**

By providing patients with a simple two-step supplementation protocol, as outlined above, you are able to help prevent the devastating and sometimes life-threatening consequences of osteoporosis – a major health problem in modern society. It is also important to teach patients good dietary practices and to encourage weight-bearing exercise to complete the lifestyle management protocol for osteoporosis prevention and management. As well, regular Chiropractic treatments helps to keep the patient more functional, enabling them to maintain pain-free movement patterns. This allows them to

participate in physical activity at the level required for optimal osteoporosis protection.

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