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Bones are living tissue. As with anything else in the body, bone health must be understood at the cellular level. Cells need to be removed, repaired, and rebuilt on a daily basis. Bone drugs stop this from happening, causing your bones to become brittle and shatter easily. We have weak bones in America because of acidic bodies. The fact that we must consume store-bought pasteurized and homogenized dairy for calcium is a complete myth perpetuated by big business. The advertising (and most doctors) out there tells you to take calcium supplements! Only take calcium if it is from natural plant sources. Here is a list of ten steps to strong, healthy bones. Taking calcium pills do not become calcium in the bone. Calcium is the end result of a combination of factors needed to build healthy bone, so please read below...

Bone Health – Ten Steps

Step 1 – AVOID Dairy (RAW is ok if tolerated for some, but not generally recommended)

- Lacks enzymes for digestion
- Pasteurized
- Homogenized
- Highest Consumption Countries = Highest Rates of Osteoporosis
- Store dairy is so acidic, causes calcium to be pulled from your bones

Amy Lanou Ph.D., nutrition director for the Physicians Committee for Responsible Medicine in Washington, D.C., who states that: “The countries with the highest rates of osteoporosis are the ones where people drink the most milk and have the most calcium in their diets. The connection between calcium consumption and bone health is actually very weak, and the connection between dairy consumption and bone health is almost nonexistent.”

Step 2 – No Sugar/SODA

- Damages and weakens the immune system
- **Soda** (#1 worst thing Americans consume), sweets, baked goods, etc.
- Very acidic
- **Acid pulls calcium from bone**
- Diet soda is poison and more dangerous than regular soda (weight gain, cancer)

Step 3 – Food (Alkaline body is CRITICAL)

- Avoid ACID foods = meat, grains, dairy, soda, processed foods, crackers, chips, etc.
- Alkalizing foods = fruits and veggies, raw is best, GREENS are most alkalizing, see acid/alkaline food charts or various books
- Quality water (Bones are 22% water) Add minerals to water for best results
- Greens and grasses - wheatgrass, barley grass, alfalfa, etc.
- Algae like Spirulina and Chlorella
- **Nurse Study – Showed eating green, leafy vegetables DAILY cut fractures by over 50%!**

Step 4 – Water only, not coffee

- Alkalizes Body (Alkaline ionized structured water is best, **LIVING WATER by VOLLARA**)
- Hydration is crucial for bone health
- Water provides joint mobility and cushion
- COFFEE promotes calcium, magnesium and other mineral excretion, resulting in bone loss

Step 5 – Avoid Bone Drugs

- Fosamax and Boniva are dangerous and weaken bones
- Cause brittle bones, which shatter easily
- Scans are designed to increase rates of diagnosis to sell more drugs
- GOOD bone formulas are natural and BUILD bone, working WITH God, not against, such as **Bone Renewal by Synergy, GROW BONE system by Garden of Life**

Step 6 – Silica

- Trace Mineral for health and new tissue growth
- The body will build and create new structural components if silica is present = transmutation
- Hair, Skin, Nails, Bones, Joints, Ligaments = STRUCTURE
- Calcification! – Bone spurs, clogged arteries, cataracts, kidney stones, cysts, etc.
- Herbs like Horsetail and Bamboo are high in silica
- **Living Silica by Ojio and Vegetal Silica by Flora, or Diatomaceous Earth (Food grade only)**

Step 7 – Magnesium and other electrolytes

- 50-70% of body magnesium is in bones
- Muscle and nerve function requires electrolytes
- Balances excessive calcium
- **Health and Wisdom Magnesium Chloride (foot soaks or bath) or CALM by Natural Vitality**

Step 8 – Sunshine and Vitamin D, Vitamin K also important for bone health

- Vitamin D Critical for calcium absorption
- Vitamin D deficiency leads to calcium in the bloodstream and not in the bones and teeth
- Get daily sunshine, never burning. Must eat well to tan and TAN IS HEALTHY!!
- Take **Vitamin D by Harmonic Innerprizes, Garden of Life** or various other companies, take NATURAL form, which is D3 from cholecalciferol , not D2 which is synthetic.
- Vitamin K is found in green leafy foods!

Step 9 – Exercise!

- Critical for bone density
- Exercise drives nutrients into the bones
- Use it or lose it! Weightlifters have thicker bones
- **Rebound**, walk, yoga, body weight exercises, weights, sports, anything!

Step 10 – Listen to Biblical advice for strong bones

- ***A merry heart does good, like medicine, but a crushed (broken) spirit dries up the bones (Proverbs 17:22)***
- ***A sound (tranquil) heart gives life to the flesh, but envy is rottenness to the bones. (Proverbs 14:30)***
- ***Be not wise in your own eyes; fear the Lord, and depart from evil. It will be health to your flesh and strength to your bones. (Proverbs 3:7-8)***
- ***His bones are like beams of bronze, His ribs like bars of iron. He is the first of the ways of God (Job 40:18-19)***