HEALTHY BONES

As chiropractors, healthy bones are or should be a major influence on our daily treatment of patients. There are several supplements that have been shown to improve bone health.

Calcium should be taken but with caution. Calcium overload is a primary cause of inflammation. If you take calcium, you must take an equal amount of magnesium at the minimum. THE HARVARD MEDICAL SCHOOL GUIDE TO HEALTHY EATING, EAT, DRINK AND BE HEALTHY by Walter Willis, M.D. states one rarely needs calcium if you have adequate levels of vitamin D. If someone takes calcium, they should also take an equal amount of magnesium.

Magnesium is used in over 700 enzymatic reactions in the body. According to Carolyn Dean, M.D. in her book “The Magnesium Miracle” we need to take 3-4.5 mg per pound of body weight a day. Magnesium in adequate amounts is needed for calcium and vitamin D absorption. So calcium cannot help prevent osteoporosis without magnesium. (magnesium should not be taken if a patent has kidney weakness, Myasthenia Gravis or low heart rate)

According to Michael Holick in his book “The Vitamin D Solution”, who was instrumental in raising low vitamin D awareness says: “Healthcare professionals must be aware of the vitamin D deficiency pandemic”. He states over 50% of white people and 75% of black people have a vitamin D deficiency. Most Americans have less than 40 ng/mL of vitamin D, appropriate levels should be 75-90 ng/mL on blood testing. (contraindicated in those with Sarcoidosis or other granulomatous diseases)

Vitamin K2 has recently gotten a reputation for its role in bone metabolism. There is a synergy between vitamin D3 and Vitamin K2. Vitamin D helps you absorb calcium and Vitamin K2 directs calcium to the bone. (Bugel, Susanne: “Vitamin K and Bone Health”, Proceedings of the Nutrition Society,62.04 2003).

In summary, to optimally help bone health, you need a combination of calcium, vitamin D and K as well as magnesium,

We recommend our Cal/Mag 1:1, Complete Hi D3, Complete K and Complete Mg.

If you have any questions, feel free to email us at [nwp@nutriwestpacific.com](mailto:nwp@nutriwestpacific.com) or give us a call at 1-800-458-7606.

Yours in Health,

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