

Osteoporosis

What Is Osteoporosis?

Osteoporosis is a disease where calcium is leached from the bones, making them become fragile and more likely to break. It can be prevented and treated, but if nothing is done, osteoporosis can progress painlessly until a bone breaks. These broken bones, also known as fractures, occur typically in the hip, spine, and wrist. Risk increases when a person has had a large amount of muscle loss caused by a lack of protein-building foods and weight-bearing exercise.

Of special concern are fractures of the hip and spine. A hip fracture almost always requires hospitalization and major surgery. It can impair a person's ability to walk unassisted and may cause prolonged or permanent disability or even death. Spinal or vertebral fractures also have serious consequences, including loss of height, severe back pain, and deformity.

What Is Osteopenia?

Osteopenia is a condition where bone mineral density is lower than normal. It is considered by many doctors to be a precursor to osteoporosis. However, not every person diagnosed with osteopenia will develop osteoporosis. More specifically, osteopenia is defined as a bone mineral density T-score between -1.0 and -2.5.

What Causes Osteoporosis?

There are many studies that now point to a diet consisting of foods that are too acidic and create chronic inflammation. The best marker in the bloodstream for osteoporosis is an amino acid called homocysteine. This is also a marker for chronic inflammation. By changing the diet and taking nutrients to reverse the cause, a fast reversal of osteoporosis can take place.

Osteoporosis FAQ

Q: How can Serrapeptase help with Osteoporosis or Osteopenia?

A: Serrapeptase helps immensely as it reduces the chronic inflammation in the bloodstream. By clearing away this problem tissue, it enables the body's own healing system to replace it with healthy tissue.



“Took a bone density test, and my bones were found to be degrading too rapidly. I was at-risk for Osteoporosis. I didn’t exercise much nor took care of my diet. With a change in perspective, I tried Serrapeptase and altered my diet and lifestyle. I have been better and stronger since.”

- Angel C., Canada



Follow the Health Plan as recommended for the best results:

OSTEOPOROSIS AND OSTEOPENIA HEALTH PLAN

These conditions are caused in the main by a shortage of nutrients and the consumption of unnatural foods, such as cow's milk products, high-sugar foods, and calcium tablets.

Following the natural health plan will show a reversal in a matter of months. Drugs are not recommended and will likely cause harm. The following plans are designed to heal your Osteoporosis and Osteopenia.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:*

- [Serranol](#) - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) - Take 2 capsules x 3 times a day, 30 minutes before eating a meal with water and reduce to 1 x 3 after a good relief. Take this to reduce the inflammation and ease the pain.
- [Vitamin D3/K2 Spray](#) - Supports a healthy hormonal balance. Take 3 sprays x 3 times daily.
- [Altrient C](#) - Mineralizes bones and stimulates bone forming cells to grow. Take 1 pouch x 4 times a day.
- [Liposomal Vitamin C](#) - Highly potent Vitamin C for maximum absorption, highly potent for cells. For best results, snip or tear the notched end off the packet, squeeze into one or more ounces of your favorite natural juice or water, drink on an empty stomach, and wait at least 15 minutes before eating.
- [Ancient Minerals Magnesium Oil Ultra](#) - Restores cellular magnesium levels, protects cells, relieves aches and pains. Apply to legs, arms, chest and back muscles daily after a shower.
- [NatraGest Progesterone Cream](#) - Regulates the hormonal system. Apply daily to the skin.
- [Nascent Iodine](#) - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- [Active Life Capsules](#) - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- [The Krill Miracle](#) - Krill oil supports the immune system, cholesterol and other blood lipid levels. Take 1 capsule, 2 times daily.

As A Vegetarian Alternative To Krill Oil...

- [Hemp Seed Oil](#) - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.