

# Natural ways to help prevent and treat Osteopenia and Osteoporosis

1. The first thing you want to do is to get your Vitamin D levels checked.

Your vitamin D levels should be over 70!

The labs report over 30 is fine, but that is not accurate. If your doctor says your levels are fine, but you don't find out the number, you need to get the actual number. We have lots of patients who were told they were fine and their levels were 34, 32. Nowhere near adequate to prevent bone loss, but the doctor just went by the outdated lab values.

2. We sell a very highly absorbable type of Vitamin D, **Bio D mulsion Forte** that is very economical because one bottle lasts about one year. Two drops per day is the typical dosage until your levels are 70 or greater. One drop a day is enough to maintain your levels at 70.
3. Our vitamin D is natural. The type of vitamin D that is prescribed by doctors is synthetic and takes many more I.U.s (units) to be effective. It doesn't keep your blood values high as long as the natural D.
4. You get vitamin D naturally from sunlight.
5. Vitamin K is also extremely important for bone health. If you bruise easily, have gums that bleed when you brush your teeth, or have or used to have heavy menstrual periods you are probably low in vitamin K. We sell vitamin K in drops **Bio K Mulsion Forte** and pills. I recommend 5 drops per day of the drops, or 3 per day of the capsules. Just like the Vitamin D, one bottle of the liquid lasts a long time, almost a year. You get vitamin K from green leafy vegetables.
6. Silica is also very important for bone health. I recommend the herb Horsetail or the brand Biosil for silica. Take as directed on the Biosil bottle. They carry this at Vitamin Shoppe.
7. Magnesium is at least as important as calcium. Take as many milligrams magnesium as calcium. [Our Twice Daily Essentials](#) has both.
8. I do not believe osteoporosis is a deficiency of calcium. 1200mg of calcium is too much in my opinion. I think 500mg of calcium and 500mg magnesium is a good balanced amount for most people.
9. The structure of bone that holds the minerals in it is made of protein. Eat a minimum of 60mg per day of protein.
10. Sodas literally dissolve bone, so does caffeine.