

Your Bone Scan RESULTS

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Your Bone Scan Results

□ Your bone scan result is above -1, which is within the normal range

This is good news and means that the main focus needs to be on prevention. Eat a good healthy diet and make sure that you are getting a maintenance supplement programme and enough exercise. Exercise is extremely important in the prevention of osteoporosis.



A number of nutrients are important for keeping your bones healthy and preventing osteoporosis, these include vitamin D, calcium, vitamin C, folic acid, magnesium, zinc, boron and essential fatty acids. All of these nutrients have been included in your suggested supplement programme.

- Meno Plus twice a day
- Vitamin C Plus twice a day
- Omega 3 Plus twice a day



□ Your bone scan result is between -1 to -2.5 which is below normal (osteopenia) but not osteoporosis

This means you need to take steps now to prevent osteoporosis. Follow the healthy eating suggestions enclosed and make sure you are getting enough weight bearing exercise. Exercise is extremely important in the prevention of osteoporosis.

Important vitamins and minerals have been suggested here to help work on your bone health. A number of nutrients are important for bone health and prevention of osteoporosis; these include vitamin D, vitamin C, folic acid, magnesium, calcium, zinc, boron and essential fatty acids.

- Meno Plus three times a day
- Osteo Plus twice a day
- Vitamin C Plus twice a day
- Omega 3 Plus twice a day



□ Your bone scan result is less than -2.5 which is within the osteoporotic range

This means it would be advisable to have further investigations and have a DEXA (Dual Energy X-ray Absorptiometry) scan on your hip and spine. This is a special X-ray which is used to measure bone density and you need to see your doctor to organise this.

You should pay particular attention to your diet and follow the healthy eating suggestions on the enclosed sheets. As well as eating well you need to make sure that you are getting enough exercise. Exercise is extremely important in the prevention of osteoporosis.

Important vitamins and minerals have been suggested here to help improve your bone health. A number of nutrients are important for bone health and prevention of osteoporosis; these include vitamin D, **vitamin C**, **folic acid**, **magnesium**, **calcium**, **zinc**, boron and essential fatty acids.

- Meno Plus three times a day
- Osteo Plus three times a day
- Vitamin C Plus twice a day
- Omega 3 Plus twice a day



Why the quality of the supplements you take are so important.

Some of the poorer quality supplements available today often contain large quantities of fillers and other non-essential ingredients. The vitamin and mineral levels they contain may be in very low, ineffective dosages and may be in a form that is not easily digested by your body.

All of the Natural Health Practice (NHP) supplements recommended above are of the highest quality and in their correct form to ensure maximum absorption at the highest safe dosage level increasing effectiveness and delivering the greatest benefit.

These are the same supplements Dr Marilyn Glenville PhD – the UK's leading nutritionist – recommends in all her clinics.

Calcium

90% of your body's calcium is stored in your bones and teeth. So obviously you need calcium for your bones but you also need to be able to absorb the calcium you take and that can depend on the supplement you choose. Not all forms of calcium are the same. Calcium carbonate is the cheapest form of calcium. It's literally chalk and is mined from the ground. This is the most difficult form of calcium to absorb and you need a pretty efficient digestive system in order to manage it. So it is much better to have a supplement containing calcium citrate than calcium carbonate. Calcium citrate is 30% more absorbable than calcium carbonate.

Vitamin D

Without good levels of vitamin D you cannot absorb calcium from your food or your supplements. It is well known that calcium and vitamin D taken together can increase bone density.

Magnesium

Magnesium is just as important as calcium for your bones. 60% of your body's magnesium is contained in your bones. Magnesium helps in metabolising calcium and vitamin C and helps to convert vitamin D to the active form necessary to ensure that calcium is efficiently absorbed by your body. A good supply of magnesium is important because lack of magnesium can slow bone growth, decrease bone renewal and contribute fragile bones. Taking magnesium supplements after the menopause has been shown to prevent fractures. In one trial, 71% of women experienced a significant increase in bone density.

Vitamin C

Vitamin C is important in the manufacture of collagen, which is a sort of 'cement' that holds the bone matrix the structure of the bone together. As collagen makes up as much as 90% of the bone matrix, vitamin C has an important role in preventing osteoporosis.

Boron

Boron is another mineral that is being widely studied in relation to osteoporosis. Research conducted by the US Department of Agriculture demonstrated that giving post-menopausal women a supplement containing boron daily resulted in a 44 percent reduction in the amount of calcium excreted in their urine.



Dietary Recommendations for Bone Health

Bones like all living tissue need adequate nutrition for proper growth so it is important that you eat a wide variety of foods in order to get a good supply of nutrients for bone health. But there are some foods and drinks, which can have a negative effect on your bones.

Soft, fizzy drinks

Fizzy drinks contain high levels of phosphorus and when phosphorus levels in your blood rise, a message is sent to your brain, telling it that there is not enough calcium. The result is that your body draws calcium from your bones and teeth to balance the high levels of phosphorus and if this happens regularly; your bones can begin to weaken.

Protein

Protein is a vital part of the diet because it is the basic building block for all cells and bones as well as our hair, skin and nails. But too much protein can be harmful because it causes an acidic reaction that needs calcium to neutralise it. When you eat too much protein, your reserves of calcium, which are contained in your bones and teeth, are called on to correct the imbalance.

Caffeine, sugar and alcohol

These three foods and drink have a similar effect on bones. Both coffee and sugar cause an acidic reaction similar to that triggered by protein and have the same effect of leaching calcium from your bones. It is possible to induce osteoporosis in hamsters if they are fed on a sugar-laden diet and we now know that drinking more than two cups of coffee a day can significantly increase the risk of hip fractures.

Tea also contains caffeine, although not as much as coffee, so the acidic effect is reduced. However if you like your cuppa, take care not to drink it at mealtime because the tannin in tea binds to important minerals such as calcium and zinc and prevents their absorption in the digestive tract.

Alcohol also contributes to osteoporosis because it acts as a diuretic, leaching out valuable minerals such as calcium and magnesium. This increases bone loss and the incidence of fractures.

Salt

A diet high in salt (sodium) will increase calcium loss through the urine. Salt is sodium chloride which is often in high amounts in processed and convenience foods, especially no-fat and low-fat foods.



Dairy foods

Many women increase their intake of dairy foods to fend off osteoporosis, but this can be counter-productive. Remember that dairy foods are an animal protein and you may be excreting more calcium than you are taking in if you eat too many dairy products especially hard cheese.

Bran

Bran is a refined food that contains substances call 'phytates'. These act like a magnet, attracting valuable minerals such as calcium, zinc and magnesium, which are essential for your bones and general health. These minerals bind to the phytates and are then excreted, along with the bran, from the digestive tract. So don't add bran on cereals. It is better to eat bran in the form that nature intended as part of the whole grain (such as rice or oats)

Spinach and rhubarb

Both spinach and rhubarb contain oxalic acid, which reacts with calcium in the digestive system and stops it being absorbed.

Foods to boost your bones

Fruit and Vegetables

Fruit and vegetables are packed with antioxidants which not only give protection against cancer and heart disease, but can also have a beneficial effect on your bones. People who have a high intake of fruit and vegetables have been shown to maintain a good bone mineral density. It is thought that this is caused by the alkaline effect produced by eating these foods, unlike the acidic reaction created by animal protein.

Cider Vinegar

There is some interesting research into the effect of adding cider vinegar to foods. It seems that vinegar can increase calcium absorption. Use cider Vinegar either in salad dressings and so on, or as a drink just sip 15ml (1 tablespoon) of cider vinegar and honey in a cupful of warm water up to three times a day.

Phytoestrogens

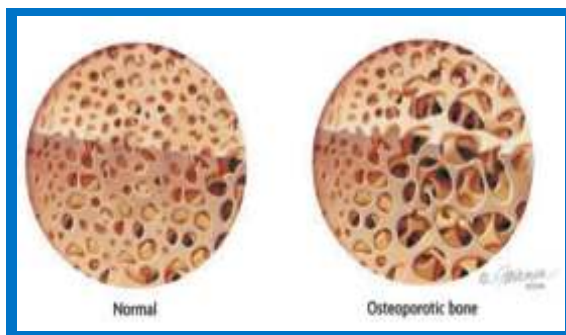
We know that the incidence of osteoporosis and hip fracture after the menopause is significantly lower in Japanese women than women from Western countries. So include plenty of phytoestrogens such as chickpeas, lentils and soya in your diet.



Looking after your bones

These are the most important nutrients for good bone health:

- Calcium
- Vitamin D
- Magnesium
- Vitamin C
- Boron



It is essential that these nutrients are of the highest quality and in their correct form to ensure maximum absorption and effectiveness in the quickest possible time.

See inside for details ...

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