BONE THERAPY

DIET:

Here are foods to eat that are high in calcium to strengthen the bones:

parsley	pinto beans	black beans
garbanzo beans	soy beans	miso
agar agar	boy choy	broccoli
dulse	hazelnuts	almonds
brazil nuts	peanuts	rhubarb
figs	yogurt	kale, collards
string beans	mustard greens	bone meal

- Diets high in animal protein depletes the body of calcium so restrict animal protein.

- As sugar prevents absorption of calcium, it should be avoided.
Bones love broccoli and bok choy. They are rich in calcium without high levels of protein.

- Use 2% or skim milk instead of regular milk if you must drink it at all. Otherwise limit dairy product intake.

- note that Kelp/Dulse is also rich in phosphorus, potassium, magnesium, manganese

- Eggshells dissolved in lemon juice or apple-cider vinegar (not white vinegar) are good sources of calcium and trace elements. Allow to stand whole (in shell) for 24 hours in the liquid and you will have a soft shell. The whole egg can then be thrown into the blender to make an eggnog. The lemon juice or vinegar will now be less sour, is loaded with nutrients and can be used in salads or dressings.

- Alcohol intake should be restricted to very moderate amounts, or not at all.

EXERCISE:

Most exercise helps strengthen bones. Best is that the activity be weight-bearing, that is you must force your body to bear its weight. Walking, swimming are good examples. Even women in their 70's and 80's can strengthen bone through a problem of light weight bearing exercise. Also, don't forget weight lifting which you can easily do from you home with a few inexpensive bar-bells.

VITAMINS/MINERALS:

Calcium - best through plant sources. Calcium Citrate is available at Health Food Stores.
Vitamin D which allows you to absorb the calcium (no more than 600-800 IU daily)
Halibut Liver Oil
Lactose helps absorb calcium provided you aren't intolerant to it (milk)
Phosphorus intake in balance with calcium. That is, equal amounts of both minerals. Good sources are Alfalfa, whole grains, dairy, eggs, meat, beans, peas, nuts, most fruits and vegetables. Excess phosphorus removes calcium from the body through the urine
Magnesium is necessary to maintain mineral balance in the body in hot weather. Sources: figs, lemons, grapefruit, corn, wild rice, almonds, nuts, seeds, apples, celery. 70% of the magnesium found in the body is in the bones. The rest is in soft tissues and blood. Muscle contains more magnesium than calcium.
Manganese gives strength to the tissues and bones and protects the inner lining of the heart and blood vessels. It is related to the use of calcium and phosphorus and is found in the bones. Green leaves and whole grains contain a great amount of manganese when grown on good soil.
Calcium Phosphate - Homeopathic Tissue Salt for bones, teeth
Vitamin C helps maintain collagen. As stated in the question above, a deficiency of Vitamin C starts the

breakdown of collagen in the body.

Silica - necessary for hair and bone, effects connective tissue (which is the essence of bone!)

Note: The calcium to magnesium ratio when buying supplements is 2:1

HERBAL HELPERS:

Comfrey aka Boneset. Use leaves and root. Comfrey contains .8 to 1% allantoin, excellent for healings of dense fibrous coverings of bones.
Comfrey is a cell proliferator and will help heal broken bones, sprains, and slow healing sores. Drink it as a tea, or eat the young leaves, like spinach (raw or steamed). It can be taken in capsule form as well.

These herbs promote healing of wounds, cuts, broken bones:

Calendula flowers	**Fenugreek**
Marshmallow root	**Garlic**
Hyssop	**Aloe vera**
Comfrey leaves and root (externally)	

<u>Calcium Formula to Rebuild weak bones:</u>

3-6 cups daily or mix powdered herbs in #00 capsules and take two, 3 times daily or nine daily if desired. It will also help relieve pain.
4 parts comfrey root
6 parts horsetail grass
3 parts oat straw
1 part lobelia
3 parts nettle (stinging nettle)

Biochemical cell Salts (Tissue Salts):
Cal. Phos. for weak soft bones in children, rickets, bowed legs, slow dentition and fractured bones.
Cal. Flour. Disturbance in surface of bones or bruises of covering of bone.
Silica. Ulceration of bones, thick yellow offensive pus.
Ferrum Phos. Early stages of bone disturbances and when red, swollen, hot inflamed areas are present. Take 5 tablets 12x potency every hour when in pain.

Externally:
Warm baths, followed with stimulating towel rub. Hot and cold showers beneficial.
Inflammations: wrap cold wet compress around swollen, tender area. Cover it with flannel cloth and leave on all night. To help ease the pain, simmer flaxseed, 1 tsp to 1 cup water for five minutes. Spread seed and some of the tea (liquid) on a cloth. Wrap around swollen joints. Cover with flannel cloth. Keep on all night.

Also see "Calcium"