

Dr. Smith Live

Energy Medicine: The New Frontier

Topics:

- **What is osteoporosis?**
- **What are the potential causes?**
- **What are the symptoms?**
- **What are the natural remedies to help reverse it?**
- **Can insomnia be reversed?**
- **What's the best supplements to combat insomnia?**

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Topic: Can Osteoporosis and Insomnia be Reversed?

Time: Oct 17, 2024 07:00 PM Eastern Time (US and Canada)

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What is Osteoporosis?

Osteoporosis, “porous bones“, is a disease that causes bones to become brittle and very susceptible to fractures.¹ These fractures typically occur in the hip, spine, and wrist. Fractures can make it very difficult to do daily activities without help. It has been estimated that 1 in 3 women and 1 in 5 men over age 50 will suffer an osteoporotic fracture.²

Of the 54 million Americans experiencing thinning bones and severe bone diseases, it is estimated that 10 million of these individuals are already suffering from osteoporosis, and about 80 percent of them are women. Worldwide, there are approximately over 200 million individuals afflicted with osteoporosis alone, and the prevalence of low bone density and fractures is expected to multiply fourfold.

Bones progressively increase in density until a maximum level is reached, usually around age 30. **We gain bone by building more than we lose.** After about age 35, this balance is typically reversed, with bone loss occurring at a slightly faster rate than it can be replaced, which causes bones to slowly decrease in density and to become more brittle.

Potential Causes for Osteoporosis:

- Certain medications, such as some chemotherapy medications and glucocorticoid steroids (prednisone), may increase the risk of developing osteoporosis. Chemo drugs kill bone marrow, osteoblasts, osteoclasts, and stem cells.

- **Changes to hormones. Low levels of certain hormones can increase your chances of developing osteoporosis. For example:**
 - Low estrogen levels: in women after menopause and the loss of estrogen bones' inner mesh becomes increasingly thin
 - Low levels of estrogen from the abnormal absence of menstrual periods in premenopausal women due to hormone disorders or extreme levels of physical activity.
 - Low levels of progesterone hormone.
 - Hypothyroid, which decreases metabolism of bone cells.
 - Low levels of testosterone in men. Men with conditions that cause low testosterone are at risk for osteoporosis. However, the gradual decrease of testosterone with aging is probably not a major reason for loss of bone.
 - A diet low in calcium and vitamin D can increase your risk for osteoporosis and fractures. Excessive dieting or poor protein intake may increase your risk for bone loss and osteoporosis.
 - Diseases such as: Gastrointestinal diseases (Crohns, Celiac disease, [rheumatoid arthritis](#), certain types of cancer, HIV/AIDS, kidney or liver disease, multiple myeloma (multiple myeloma is a blood cancer that affects your bone marrow), and anorexia nervosa (person severely restricts their intake of food).
 - People with [type 1 diabetes](#) tend to have lower bone density. "It seems that high [blood sugar](#) may shut down bone formation, just as with steroids," says Beatrice Edwards, MD, MPH, associate professor of medicine and director of the Bone Health and [Osteoporosis](#) Center at Northwestern University Feinberg School of Medicine. Insulin causes systemic inflammation, which causes an increase the rate of bone turnover.
 - **Lupus and Rheumatoid Arthritis:** Nearly 3 million adults in the U.S. have either lupus or rheumatoid arthritis. Both of these

diseases are autoimmune conditions, in which the body attacks its own healthy cells and tissues, causing inflammation.

- **Sedentary lifestyle.** People who spend a lot of time sitting have a higher risk of osteoporosis than do those who are more active. Any weight-bearing exercise and activities that promote balance and good posture are good for your bones, but walking, running, jumping, dancing and weightlifting seem particularly helpful.
- **Excessive alcohol consumption.** Regular consumption of more than two alcoholic drinks a day increases the risk of osteoporosis.
- **Tobacco use.** The exact role tobacco plays in osteoporosis isn't clear, but it has been shown that tobacco use contributes to weak bones.
- Fluoride, chlorine, bromine: suppress thyroid function.
- Deficiency of indium 49th mineral in the periodic table: essential for the absorption of trace minerals.
- Acid pH imbalance

Symptoms of Osteoporosis

There typically are no symptoms in the early stages of bone loss. But once your bones have been weakened by osteoporosis, you might have signs and symptoms that include:

- Back pain, caused by a broken or collapsed bone in the spine.
- Loss of height over time.
- A stooped posture.

- A bone that breaks much more easily than expected.

Natural Remedies to Treat Osteoporosis

Word of Caution: People have long relied on **inorganic calcium** sources like calcium carbonate (rocks, algae, coral, oyster shells, etc) and calcium citrate. However there are many problems with traditional calcium supplements: their calcium absorption rates are usually too low to be of any use, and they can promote the formation of kidney stones or stones in other organs. Kidney stones can be a vitamin A (beef lipid source not fish oil) deficiency.

Warning: Do NOT take drugs like Fosamax

These type drugs are all notorious for countless side effects. They are designed to "increase" bone density by retaining dead bone mass. They **kill** osteoclasts, the cells that are responsible for natural bone resorption. Treated with those drugs, limited space within the bones is taken up by dead or nearly dead bone mass, preventing new bone mass from being created. As a result, bones become **more fragile** and more vulnerable to fracture.

A key factor in the treatment of osteoporosis is to diagnose the underlying cause(s) rather than treat the symptom. Taking supplements without removing the underlying cause is like trying to push a rope up a hill.

Outside of the box thinking:

There is NO standard treatment for osteoporosis!

Define the underlying cause(s):

- **Hypothyroidism:** What is trapped within the thyroid suppressing its function. Potential “splinters” are: heavy metals, childhood vaccines, flu / COVID shots, adjuvants (Al, Thimerosal, formaldehyde, peanut oil, graphene oxide, squalene, etc.) viruses, bacteria, candida, mold, root canal toxins, mercury from dental fillings, nickel from earrings, omega 6/3 oils, glyphosate, pesticides, insecticides, nutritional deficiencies (selenium, manganese, B-complex, iodine, B-12, folic acid, vitamin C, vitamin E, magnesium, gold or silver necklace blocking the energies to the thyroid).
- **Removal of heavy metals:** Trace mineral deficiencies will prevent the release of mercury and other heavy metals.
- **Biost Standard Process Labs):** Biost is a protomorphagen that supplies the genetic blue print to heal the bone matrix.
- **Organic, cold pressed Omega 6 oils:** act as a defuser to push the minerals into the bone matrix.
- **Progesterone replacement hormone:** Helps build bone density at a rate of 2% a year.
- **Red Clover:** is a powerful herb that also has certain estrogen-like effects.
- **Salmon:** rich in calcium, vitamin D, as well as beneficial omega-3 fatty acids.
- **Black cohosh:** has similar phytoestrogen compounds to soy, making it potentially beneficial for women who want to reduce their chances of developing osteoporosis
- **Correct an acid pH imbalance:** when the body is too acidic, it will pull minerals out of the bones to help maintain the pH balance.
- **10 Best supplements to consider:**

- **Calcium:** Serves as a building block for bones.
 - **Vitamin D:** Enhances calcium absorption.
 - **Zinc:** Linked to better bone density scores.
 - **Selenium:** Associated with bone density benefits.
 - **Copper:** Low levels may lead to lower bone density.
 - **Manganese:** Supports bone health.
 - **Silicon:** Important for bone growth.
 - **Magnesium:** Helps with structural development of bone.
 - **Vitamin K:** Beneficial for bone health.
 - **Boron:** Supports bone health.
- **Pure Synergy** is one of the best general supplements to take.

Can insomnia be reversed?

The simple answer is yes if the cause can be diagnosed. One common cause is Nervous Insomnia.

This type of insomnia is due to the “high speed of our way of life” : overwork, worry, mental stress, fast foods, lack of exercise, etc. The real cause of insomnia is lowered resistance to such stressors, lowered stamina, increased nervous irritability because of a deficient of good nutrition.

Hypothyroidism is a common cause for insomnia: When an underachieve thyroid exists, the adrenal glands are activated during sleep to keep the metabolism up.

Metabolism of calcium and magnesium must be normal to insure a normally functioning nervous system. Extreme irritability of the nervous system occurs if there is a deficiency of calcium and magnesium in the blood.

Vitamin deficiency: Vitamins C and F are essential to convert the blood calcium into a form useful for nerves.

Protein deficiency: Most people believe that get enough protein in their diet. I recently had a patient who had severe insomnia for 25 years. She tried every imaginable remedy with no results. When she went on the keto diet (high protein and fats) her 25 years of severe insomnia disappeared immediately.

Catalyn (Standard Process Lab): One to three tablets upon going to bed. As a general nutritional multiple it normalizes brain function. It also is a good source for dietary phosphorous and magnesium, which helps to combat the deficiency caused by the use of white flour products. Interestingly, a deficiency of phosphate causes a deposition of calcium as carbonate in soft tissue (cataract), which is responsible for increased restlessness at night as well as “writers cramp,” or leg cramps.

Sympathetic dominant: The autonomic nervous system is revved up preventing sleep. Need to determine what is causing the sympathetic to be stimulated and remove the source. Example: upper neck dysfunction causing the sympathetic ganglia to be over stimulated. You can give all the melatonin, magnesium you want, it’s not going to solve the problem.

Melatonin: It’s a natural hormone that’s mainly produced by your pineal gland. It plays a role in managing your sleep-wake cycle and circadian rhythm: they are physical, mental and behavioral changes that follow a 24-hour cycle. It is also a powerful antioxidant and anti-inflammatory substance. Pineal melatonin can also protect against neurodegeneration, which is the progressive loss of function of neurons.

Catnip (Nepeta cataria): is one of 250 species of mint. When ingested, it acts as a sedative. The main ingredient in catnip is a stimulant that produces a “high” that, for your cat, is similar to either marijuana or LSD.

The End