

OSTEOPOROSIS

# Effective Home Remedies that Doctors Give Their Patients



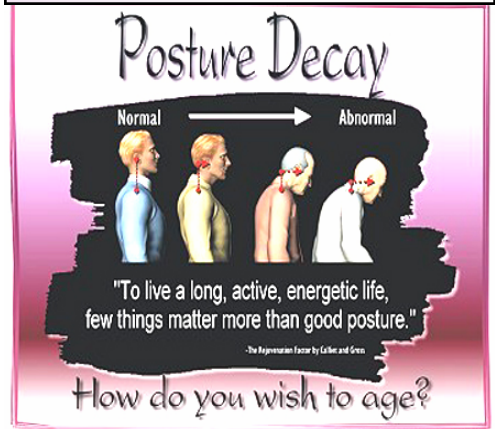
Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from my office. We spend a lot of time working on this publication. It contains much of the same information my patients pay \$57 for in consultation at my office. Over the years I've seen too many women suffering from the effects of osteoporosis. This doesn't have to happen. It can be prevented. Please share this valuable info with someone you care about.

This is a special edition of my newsletter. Over the years I've seen hundreds of female patients in various stages of osteoporosis. The sad thing is osteoporosis is a stealthy condition. See it starts stealing your bone silently, without symptoms. You are probably losing bone mass right now as you are reading this newsletter. You feel fine but slowly day-by-day your bones are losing calcium and slowly, but surely, you start to creep forward like the patient in the illustration on the right. While initially painless, this bone loss can lead to spontaneous fractures of the hip, spine or other bones. We see way too many compression fractures in the spines of our female patients. I personally am a big proponent of regular bone density testing. It's a simple way to detect early bone loss and monitor nutritional therapy designed to prevent or reverse osteoporosis. The treatment is simple, calcium supplements, proper nutrition, regular exercise and a unique form of postural alignment known as Advanced Biostructural Therapy. All started **before** osteoporosis steals too much of your bone mass. My gift to you, is the chart of the most effective supplements you can take (*on the right*) Please use it!

### Best Types of Calcium & Bone Enhancing Supplements (8-12)

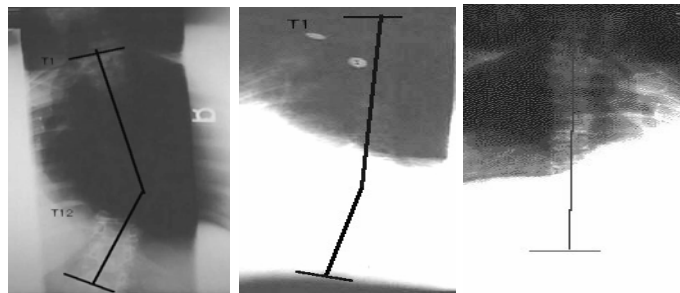
- Calcium Citrate
- Calcium Malate
- Hydroxyapatite Calcium
- Soy Isoflavones
- Boron

### Osteoporosis is silently stealing your bone!



# Journal of Rapid Pain Relief

## This issue: *Alternative Medicine Info* to help people suffering from **Osteoporosis Results**



Progressive diminution of spinal curve in a 68 year old women with advanced osteoporosis. Note this woman's spine has so little calcium (such advanced osteoporosis) the x-rays are hard to see.

Review of various studies on calcium researchers have questioned its safety in supplementation reveals the need to take women at high risk for breast cancer. It 500 mg to 1500 mg of calcium daily. The appears however that soy binds to a different type of estrogen receptor and thus does separate trials has improved the effect of not effect breast cancer risk one way or the calcium citrate malate on bone density and other. If you are currently taking calcium has shown a reduction of fracture risk. Soy supplements check them against the list to extracts containing approximately 80 mg of the left. Or better still take this newsletter to isoflavones produced mild, but statistically your pharmacist and have him or her significant, increased bone mineral content compare your supplements against the list. Also at the hip compared with placebo treatments. Like *hormone replacement therapy*, recommend a minimum of 1000mg Per day. soy exerts estrogen-like activity. Some

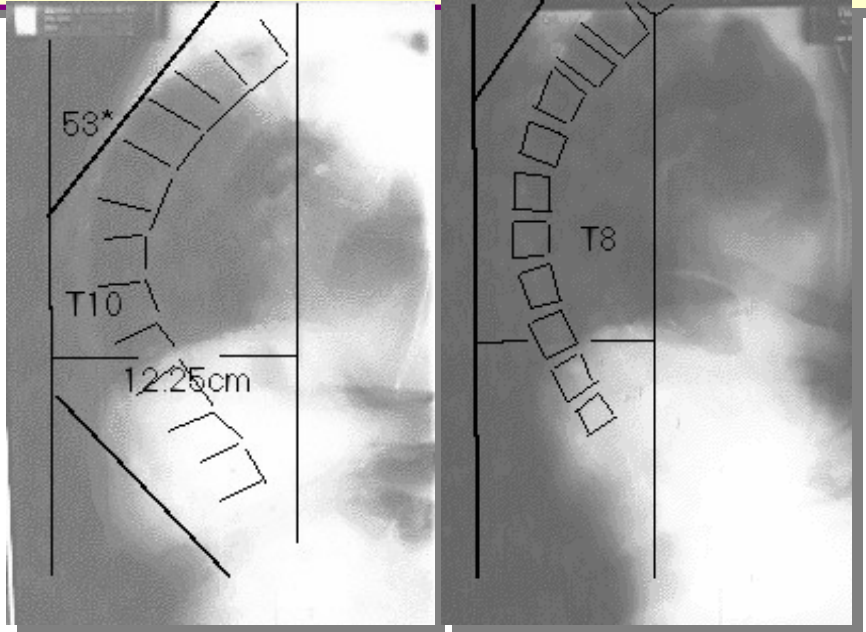
# Changes in posture due to osteoporosis effect more than your looks

## What you can do to prevent osteoporotic hump!

Reduction in the depth of this 78 year old women's osteoporotic hump. Note that her osteoporosis was so advanced that her spine is difficult to see on the x-ray. On the actual x-ray her bones had "picture-framing" This is when osteoporosis is so advanced that you can only see the outline of the bones.

The radiographs presented in this newsletter are not typical cases. Usually once a spinal deformity occurs in women with osteoporosis it is typically progressive and permanent. In our other newsletter on osteoporosis we talk about studies that document degradation in the quality of life in women with osteoporosis. So please do me a favor, call me *before* you get to this advanced state of bone loss .

~ Dr. Kukurin



### Restoring Posture Using Advanced Biostructural Correction (ABC)

ABC chiropractic technique is a unique system that can often correct spinal curvatures. As long as the actual vertebrae are not deformed, rapid and long lasting changes in posture are common. The x-rays in this newsletters are atypical cases from our office. These women were lucky because we were able to reduce their spinal curvatures in spite of advanced and severe osteoporosis. Unfortunately I've seen way too many women in my office in the advanced stages of osteoporosis. We have been able to

provide some benefit even in the most advanced cases. But it makes much more sense to avoid bone loss and osteoporosis. This is the second newsletter I've published to warn my patients about the tragedy of osteoporosis. I've done my part, now it's time to do your part.

Call me to discuss how we can work together to prevent bone loss and all the problems that come with it.

Dr. George Kukurin

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