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Bone Density—Do You Know Your Numbers?

Osteoporosis causes bones to become weak and brittle—so brittle that a fall or even mild stresses such as bending over or coughing can cause a fracture. This problem affects men and women of all races; but white and Asian women—especially older women who are past menopause—are at highest risk.

In the past, a patient wasn't diagnosed with osteoporosis until they had already sustained a fracture or break. Fortunately, now there are other diagnostic tools. A physician might recommend a bone mineral density (BMD) test. This painless test gives you an overall picture of your bone health. As a diagnostic tool, it can identify osteoporosis and determine your risk for fractures or broken bones. Your doctor also might use this test to determine if your osteoporosis treatment is working.

Your physician may start with a peripheral bone density test which measures the density in the lower arm, wrist, finger, or heel. The results of this test will help identify if you need additional bone density testing. The most commonly used bone density test is a central dual-energy x-ray absorptiometry (central DXA) test which measures bone density at your hip and spine.

Once the test is complete, you will be given a T-score. This score compares your bone density to that of a healthy 30-year-old adult. If your bone density is equal to that of a healthy young adult, you will receive a score of zero. If not, your score will be calculated in units of standard deviations (SDs). The more standard deviations below zero, shown as negative numbers, the more severe the osteoporosis. Below are the World Health Organization definitions based on bone density levels:

- Normal**—Bone density with 1 SD (+1 or -1)
- Low Bone Mass**—Bone density between -1 to -2.5 SD
- Osteoporosis**—Bone density of -2.5 or lower
- Severe (established) Osteoporosis**—Bone density below -2.5 and there have been one or more osteoporotic fractures

The results of your bone density test can help your physician decide which prevention or treatment options are right for you. If your score is in the -1 to -2.5 SD range, it is often referred to as osteopenia. This low bone mass can be caused by heredity, a medical condition or medication to treat such a condition that negatively affects your bones, abnormally accelerated bone loss, or the development of less than optimal peak bone mass in your youth. Not everyone who has low bone mass will develop osteoporosis, but it does put you at higher risk.

The U.S. Preventative Services Task Force recommends that all women over the age of 65 should have a bone density test. Women who are younger than 65 and at high risk for fractures should also have a bone density test.

If you or someone you know has low bone mass, there are steps that can be taken to slow down bone loss and prevent osteoporosis. Keep healthy habits such as eating foods rich in calcium and vitamin D. Add weight-bearing exercise into a regular routine like walking or dancing.

At Myers Drug, we recommend the following protocol for bone health/repair:

Bone Maximizer III - one capsule three times a day. This calcium is wrapped in a protein and the body receives it as food. It is absorbed very well and has other ingredients that help the calcium get into the bones. Taking the last dose at bedtime is critical. While you are sleeping, your body balances the pH in your blood. If there is not enough calcium available then your body will pull from your bones to balance itself. Taking calcium at bedtime will keep the body from pulling from your bones.

Bone Repair Comp - one squirt (dropperful) three times a day on an empty stomach (30 minutes before meals). If the taste is undesirable, add to a small amount of water or juice. This is an herbal solution that helps the bone remineralize. It promotes osteoblasts which actually help replace the bone.

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Bone Density (continued)

Bone Repair HP - ten drops under the tongue twice a day. This is the energetic part of the protocol to help maintain the bone.

Magnesium Glycinate - one capsule three times a day with meals. Magnesium is vital for calcium to be used by the body. The key is that calcium and magnesium need to be present in a two to one ratio, with roughly two parts calcium to every one part magnesium. A side effect of magnesium is frequent bowel movements. Two to three soft stools a day is fine. If you find you are having urgent bowel movements that are more liquid form, decrease dosage to twice a day.

Vitamin D3 5000IU - one soft gel daily. Vitamin D plays a pivotal role in nutrition by facilitating the absorption of calcium, thereby helping to support healthy and strong bones. It also is an important nutrient for promoting bone mineralization in concert with a number of other vitamins, minerals, and hormones.

If you have questions about this protocol, please stop in and ask any of our knowledgeable staff.

Homeopathic Pain Medicine

As seasons change, so do your activities. You take up new sports or exercise routines; head outdoors to start gardening again; or tackle a home improvement project. Strains from unaccustomed tasks such as these are likely to cause sore muscles.

Fortunately, there's Arnicare, a convenient and reliable homeopathic medicine for muscle pain, stiffness, and bruising. Arnicare is made from Arnica montana (a mountain daisy), which has been used for centuries to naturally relieve pain. Arnicare is a homeopathic medicine that is:

- Ideal for massage
- Soothing
- Unscented
- Paraben-free

Arnicare temporarily relieves muscle pain and stiffness due to minor injuries, overextension, and falls. It can also help to reduce pain, swelling, and discoloration from bruises.

Apply a thin layer of Arnicare Cream or Arnicare Gel (\$9.99 per 1.5 oz tube) to the affected area and massage gently as soon as possible after minor injury. Repeat three times daily or as needed.

FitFlops

Stop in today to check out our wide assortment of FitFlops!



FEATURED *Essential Oil* Breathe Again Roll-On

With a refreshing and rejuvenating aroma, the Young Living Breathe Again Roll-On is the perfect companion for early mornings, long days, and tough workouts. Breathe Again combines oils such as Peppermint, Myrtle, and Copaiba with four different types of eucalyptus—including Eucalyptus Blue grown on Young Living's Ecuador farm—to create a powerful, invigorating experience.

This rejuvenating blend comes in a convenient roll-on applicator, so you can easily use it anytime, anywhere. Keep it in your car, purse, pocket, or bag, and simply apply it as needed under your nose or on your head, neck, or chest to awaken and invigorate your senses.

Apply Breathe Again to your back, neck, or chest before a steamy shower for an invigorating aromatic experience. Use the roller to massage oil onto muscles after a long day or hard workout. Jump-start the morning by applying the rejuvenating scent to your chest.





THE BEST MEDICINE

Two guys are walking down the street when a mugger approaches them and demands money.

They pull out their wallets and begin taking out their cash. Just then one guy turns to the other and hands him a bill. "Here's that \$20 I owe you," he says.

"If you tell the truth you don't have to remember anything."

- Mark Twain

Proverbs to Live By

Be a Person of Integrity

Proverbs 10:9 – The man of integrity walks securely, but he who takes crooked paths will be found out.

Proverbs 28:6—Better a poor man whose walk is blameless than a rich man whose ways are perverse.

Do what is right. Treat people fairly. Admit when you have made a mistake or messed up. Be honest.

Such actions may not make you rich, but you will be able to walk securely and never have to worry that you will be "found out".



FEATURED COMPOUND



Lollipops for Pain-Relief

Being able to compound custom medications in our state-of-the-art lab is always rewarding; however, some of the most interesting and creative compounds we prepare are for kids. It can be problematic to get children to take traditional medication, but we have several compounded options that can make it easier: from changing a pill or capsule into a liquid to flavoring a medication to make it taste better.

One problematic symptom we hear from our pediatric patients quite often is a sore throat which often occurs with tonsillitis, with a streptococcus infection, or with a viral infection. In these cases, a popular choice for many patients and their parents are tetracaine lollipops.

These lollipops can be prepared in different flavors and strengths depending on the child's preferences and needs. Higher strengths are usually reserved for post-surgical patients—often used after a tonsillectomy.

Remember, you will need to have a physician write a prescription for tetracaine lollipops. A typical dosage strength and our most popular flavors are listed here.

TETRACAINE 0.5% LOLLIPOPS

CHOOSE A FLAVOR: Bubble Gum, Grape, or Raspberry

As you can see in the picture, our lollipop packaging allows your child to use the lollipop for relief, and save the rest for when and if the pain returns. Tetracaine lollipops should not be eaten as candy in one sitting.



If you or your physician has any questions, please don't hesitate to call or stop by to ask.

Thyroid Support Complex

Our Thyroid Support Complex is a comprehensive formula containing vitamins, minerals, and herbal extracts. It was specifically designed to support healthy thyroid cell metabolism and thyroid gland function.

Healthy selenium levels have been associated with maintain healthy thyroid cell metabolism, as well as triiodothyronine (T3) and thyroxine (T4) hormone function.

Kelp contains nutrients and minerals that support they thyroid, particularly iodine. Iodine is a key component in the synthesis of thyroid hormones. Doubling as a powerful antioxidant, selenium combines with vitamin C and curcumin to neutralize free radicals.

Thyroid Support Complex also contains standardized extracts from forskohlii, guggul, and ashwagandha, herbs with an extensive history of traditional use.



20% OFF

**ONE REGULARLY PRICED
NUTRITIONAL SUPPLEMENT**

One coupon per customer. In store only.
Good through July 31, 2017.

