

## WHAT'S UP DOC PETE?

*I read that you will be discussing structural health on your "Quantum Health" radio program this month. I take calcium every day for my osteoporosis. Is there anything else I can do or is this just what to expect with age?*



*Peter J. Muran, MD*

Although 33% of women and 15 % of men in the US experience osteoporosis as they age, it is not a natural part of aging. Osteoporosis is the result of one or more imbalances in the body. These imbalances affect either the body's ability to absorb calcium and other bone strengthening nutrients or create an internal terrain that recruits calcium from the bone to come to the rescue in an effort to restore balance.

Excess phosphorus (soft drinks, processed foods), salt, sugar, fats, caffeine, alcohol and excess protein pulls calcium from the stores in the bone to recover the healthy balance that your body knows.

In order for calcium supplementation to be effective the diet must include 17 additional nutrients for maintenance of strong, flexible bones. Absorption of these nutrients requires a healthy digestive process, in particular, adequate hydrochloric acid production in the stomach and a balanced alkaline/acid internal terrain as measured by blood pH. Let's not forget weight bearing exercise and reduction of the anti-nutrients listed above.

Finally, endocrine balance enables metabolic function. The parathyroid, thyroid, adrenal and sex hormone producing glands are all involved in managing the calcium utilization of the body.

Don't be discouraged by how complicated preventing and treating osteoporosis may sound. It really comes down to a nutrition solution coupled with daily exercise. Everyone concerned about their bone health is invited to stop by our office, for a free list of the Essential Nutrients for Healthy Bones. Tune in this month to **Quantum Health, Saturdays, 1:00, KVEC, 920AM**, to hear local healthcare leaders discuss structural health.



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