

Success Forum



Cheryl Wisdom Murphy, MS RN FAARFM
Herbalife Independent Distributor
Vol 29 No 1 Year 2024

Bone Health

New Year Greetings! Yes, it is mid-April, but this is my first newsletter of the year. Volume 29! So much has changed since I joined Herbalife in 1995. I wrote my first article on osteoporosis in 2006, then updated in 2014. In the past couple of months, I have had several people ask me about osteoporosis. Must be time for a new one.

I've had this article for awhile: Orthomolecular Medicine News Service, August 16, 2022 *Bone Health and Osteoporosis: An Orthomolecular Perspective*, editorial by Richard Z. Cheng, MD, PhD and Thomas E. Levy, MD, JD. Dr Levy is a giant in the Functional Medicine community. Then I got an article called *The Great Osteoporosis Scam*, written by a man known only as "A Midwestern Doctor" I follow him on Substack. His article would also have been an appropriate title for the first article as well. Functional medicine practitioners are calling out the "medical industrial complex" for the frauds they are. The censorship of medical professionals who have opinions that go against the accepted mainstream is shocking to me. How sad that some only publish behind a pay wall and hide their identities. Too many have lost their licenses simply for having a different opinion.

What exactly is osteoporosis, and perhaps even more important, what is osteopenia? "According to the Bone Health and Osteoporosis Foundation, osteoporosis is a disease of the bone that makes a person's bones weak and more likely to break. Approximately 10 million Americans have osteoporosis and another 44 million have low bone density (osteopenia), placing them at increased risk.

"Women can lose up to 20% of their bone density within five to seven years after menopause. By the age of 70, one in five women will develop osteoporosis and of those, one in two will break a bone as a result." cleanplates.com/nutrition/dietitian-bone-health

Osteoporosis Factors...

Factors you CANNOT change:

- ❑ **Sex** - females, especially those who are post-menopausal, are at greater risk.
- ❑ **Age** - the greater the age, the greater the risk.
- ❑ **Body Size** - especially small-boned and thin means greater risk.
- ❑ **Ethnicity** - Caucasian and Asian are at greater risk than Blacks and Latinos.
- ❑ **Family History**

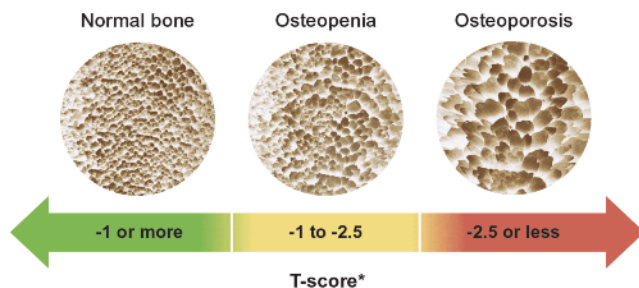
Factors you CAN change:

- ❑ **Cigarette smoking** - bad for all aspects of your physical and financial health.
- ❑ **Excessive drug or alcohol use.**
- ❑ **Medications** that reduce bone density should also be avoided. See list next page.
- ❑ **Bad diet** low in minerals, vitamin D and other targeted nutrients. Highly acidic and diets high in sugar and sodas are particularly dangerous. Diets high in oxalates will accelerate osteoporosis.
- ❑ **Inactive lifestyle** - weight-bearing exercise is critical for bone density.
- ❑ **Hormone imbalance** - Progesterone for women is a known bone builder and declines with age. Testosterone is important for bone health in men. Safe, bioidentical hormones are best.

Adapted from www.bonehealthandosteoporosis.org

Another population with increasingly low bone density is young people who are not physically active and have poor nutrition.

OsteoPENIA is basically the early stages of osteoporosis. You'll see a photo on the next page. It's another way to bill insurance companies, and sell drugs. I object to most of the medical diagnostic methods - since almost all involve radiation - and I totally disagree with the treatment "options" patients are given.



*A T-score compares the patient's bone density to that of a young healthy adult.

Primary care docs are still telling women to Take Calcium! Then once you have one of their diagnoses, it's all about their drugs. There are better options. Let's explore all of this stuff, starting with...

Bone Density Testing - A Good Idea??

DEXA or DXA Scans are used to determine if you have osteoporosis. And now there is a new, enhanced bone scan called QCT or quantitative computed tomography. However, as with so many things, this does not come without a few problems.

The Midwestern Doctor calls them DEXA *Scams*. "How accurate are the scans? As it turns out, there is actually a great deal of variance in DEXA scan results depending on which machine is used, how the operator performs the test and what bones are measured, with studies often finding a 5-6% difference in bone density depending on where the test was done. More importantly, since the T-score is based off standard deviations, a 5-6% difference in bone density can, in turn, change the T-score by 0.2-0.4 (which equates to a decade of bone loss) and hence tip many over to an osteoporosis diagnosis." If you're working with a traditional physician, an osteoporosis diagnosis means drug therapy.

And the QCT? "Experts told MedPage Today QCT can exaggerate fracture risk in the lumbar spine by as much as 1.5 standard deviations, can be almost three times as expensive, and delivers between 1,000 and 3,000 times the radiation of DXA." medpagetoday.com/special-reports/exclusives/98198 So, more radiation exposure and exaggerated risk, meaning more drugs.

But no worries. It's covered by insurance!

Most Common "Bone Building" Drugs

Alendronate (Fosamax), a weekly pill.
Risedronate (Actonel), a weekly or monthly pill.
Ibandronate (Boniva), a monthly pill or quarterly intravenous (IV) infusion.
Zoledronic acid (Reclast), an annual IV infusion.

Side Effects of "Bone Building" Drugs

- Irritating the stomach and inflaming or eroding the esophagus (which can sometimes lead to esophageal cancer). This side effect is common enough that it leads many patients to not want to continue the drugs.
- Severe bone, muscle and joint pain throughout the body.
- Osteonecrosis (death of bone tissue) within the jaw.
- Flu like symptoms when injected.
- Occasionally causing unusual fractures in the hips.
- Roughly doubling one's risk for atrial fibrillation
- Low blood calcium levels
- Fatigue, nausea and lack of strength.
- Declining kidney function.
- Inflammation of the eyes.
- Poor healing of bones after fractures.
- Increased risk of fractures (!?!? from "Bone Building" drugs??)

Adapted from The Great Osteoporosis Scam

The following medicines may cause bone loss:

www.bonehealthandosteoporosis.org

Aluminum-containing antacids
Antiseizure medicines (only some) such as Dilantin® or Phenobarbital
Aromatase inhibitors such as Arimidex®, Aromasin® and Femara®
Cancer chemotherapeutic drugs
Cyclosporine A and FK506 (Tacrolimus)
Gonadotropin releasing hormone (GnRH) such as Lupron® and Zoladex®
Heparin
Lithium
Medroxyprogesterone acetate for contraception (Depo-Provera®)
Methotrexate
Proton pump inhibitors (PPIs) such as Nexium®, Prevacid® and Prilosec®
Selective serotonin reuptake inhibitors (SSRIs) such as Lexapro®, Prozac® and Zoloft®
Steroids (glucocorticoids) such as cortisone and prednisone
Tamoxifen® (premenopausal use)
Thiazolidinediones such as Actos® and Avandia®
Thyroid hormones, in excess

Antacids - A Good Idea?

Absolutely NOT!!! It just kills me to see all the ads and in-store product displays for Prilosec, Nexium, omeprazole, you name it. Remember, for them, it's all about retail sales. It has nothing to do with your health.

Want to learn more about your stomach? ***Why Stomach Acid Is Good for You: Natural Relief from Heartburn, Indigestion, Reflux and GERD***, written by Jonathan Wright, MD, who is one of the most respected physicians in Functional Medicine.

Here's another good book: ***Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones For Life - Naturally*** by Lara Pizzorno and Jonathan Wright. Here's just one place that I've read this: "Despite the fact that TV commercials tell us that heartburn and indigestion are caused by too much stomach acid, *too little* stomach acid not only results in the same symptoms (heart-burn or reflux from half-digested food backing up the throat, bloating, belching and gas), but promotes osteoporosis because, without sufficient stomach acid, we cannot absorb calcium" (page 55).

Stomach acid is critical for things like absorbing the minerals and other nutrients you need to create strong bones! Want to make me crazy in 2 seconds flat? Tell me a story of an infant who was put on Prilosec!! What is that baby's job? To GROW! How do you grow if you don't have the benefit of the minerals and other nutrients because the gut is too alkaline to absorb them!

So then, how to wean off these bone-robbing medicines? Go slowly and use products that will help you. Have some reflux? Need instant relief? CHEW some Aminogen*. Start drinking Herbal Aloe* and do it on a regular basis. It's also helpful to avoid trigger foods, at least initially, but as your gut starts to normalize, you'll be able to pretty much eat whatever you want without distress. And aren't your bones worth it??



**These statements have not been evaluated by the Food and Drug Administration. Use of these products is not intended to diagnose, treat, cure or prevent any disease.*

A Soy Based Diet Could Help Strengthen Bones

That's the title of a 2018 article published here: <https://www.medicalnewstoday.com/articles/322708> The study investigated the impact of dietary soy on bone strength in postmenopausal women. The authors conclude that eating more soy may in fact strengthen bones in women of all ages.

Next in *J Med Food*. 2016 Jan 1; 19(1): 1-14 there is an article that explores *Soy Isoflavones and Osteoporotic Bone Loss*. It states that soy products "can act as an antiresorptive and bone-sparing agent."

That being said, I also know that soy is a controversial topic. I've done a LOT of reading on soy and have been drinking a soy-based shake for more than 28 years now. Here's my beef with the people who write disparagingly about the benefits of soy - they never tell you exactly what the "soy" was! Was it tofu? Was it soymilk? Whole soy protein bars? Isolated soy protein? Edamame?

One problem is that there is very little money for natural product research - and conducting medical research is expensive!! Some may say that a study from 2016 is out of date. Find me something newer and we'll talk about it! I explained in a previous newsletter this year how soy isoflavones actually protect us from the foreign estrogens in the environment and may protect us from breast and other cancers. Soy, in my opinion, has been maligned.

All of the Herbalife products are an isolated soy which means the goitrogens, (substances that suppress the function of the thyroid gland by interfering with iodine uptake, which can, as a result, cause an enlargement of the thyroid, i.e., a goiter) have been removed. Our Woman's Choice is a soy isoflavone concentrate product in tablet form.

So drink your shake, take your tabs and you may just have better bones!

Cheers!!



Fish Oil for Bone Health

One of my favorite Herbalife products is our fish oil, Herbalifeline. A quick search gave me a bunch of research. From www.nature.com/articles/s41598-021-89827-8 “Mice fed the iso-caloric diet supplemented with fish oil exhibited significantly higher levels of bone density.” And from J Food Biochemistry Aug 2020 “fatty acids improve bone quality probably by preventing bone decay and augmenting bone mineralization.” pubmed.ncbi.nlm.nih.gov/32548903/

I have been promising an update on my fish oil newsletter. I have a stack of new articles sitting on my desk. Bottom line? Adequate omega-3 EPA and DHA (Not ALA) improves everything about your health. I will do that newsletter next and in the meantime, take Herbalifeline!



Resistance Exercise

A favorite book of mine is *Body By Science: A Research-based Program for Strength Training, Body Building and Complete Fitness in 12 Minutes a Week* by Doug McGuff MD and John Little. It's an interesting read! On page 106 they state: “There is no shortage of data in the medical literature indicating that significant increases in bone mineral density can be derived from strength training. Not only will proper strength training make you stronger, but also this strength helps to protect you from sustaining the sorts of falls that cause the types of fractures we witness in osteoporosis sufferers.”

Dr McGuff outlines a fitness plan that involves high weights, a low number of repetitions, and all done very slowly. A group of mostly older women have been doing this with us at Nutriments, and the results have been amazing! Our muscles are much stronger, so I can only image how much better our bones are! Walking to good, but resistance exercise is best!

Yup, that's me on the machine.



Keep the Calcium in the Right Place

About 10 years ago now, I started seeing more and more being published about vitamin K2. If an article just says “vitamin K” and doesn't differentiate between K1 and K2, it's not worth reading. K1 deals with blood coagulation.

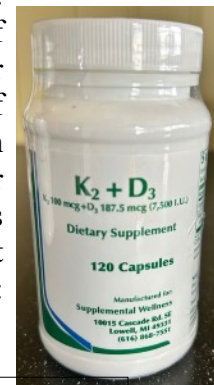
K2 is the cousin to K1, but it acts very differently in the body. Here's another book that changed how I think: *Vitamin K2 and the Calcium Paradox: How a Little-known Vitamin Could Save Your Life* (Rhéaume-Bleue, HarperCollins Publishers, 2012). It's an incredible read. It is very well researched and referenced, and easy to understand. Dr Rhéaume-Bleue (Dr Kate) gives this back cover summary:

Learn the secret to avoiding osteoporosis and heart disease

Millions of people take vitamin D and calcium supplements for bone health. But new research shows that this actually increases the risk of heart attack and stroke because the extra calcium builds up in arteries – the Calcium Paradox. The secret to keeping bones strong and arteries clear is vitamin K2, a little-known super nutrient that humans once consumed in abundance and that has been ignored by scientists for almost 70 years.

She discusses how K2, in addition to telling the body what to do with the calcium, is the most important anti-aging nutrient for fighting wrinkles, Alzheimer's, heart disease, osteoporosis and more (lots more). Dr Kate explains that you can get some K2 when you eat eggs and butter from pastured animals. Most of these are not from pastured animals.

I recommend that everyone get their vitamin D level tested twice a year. You should be above 60 ng/dl, with 80 to 100 being ideal. If you take a vitamin D supplement it should contain K2. Herbalife does not offer this type of product, mostly because that oozes over into the nutraceutical aspect of supplements. I have been custom compounding a D3 + K2 product for over 10 years. As a reader of this newsletter, you are welcome to contact me for more information: SupplementalWellness4u@gmail.com



*These statements have not been evaluated by the Food and Drug Administration. Use of these products is not intended to diagnose, treat, cure or prevent any disease.

Herbal Aloe has been a staple since our company began. For awhile, we had it available in a powdered form. I'm not sure why that was discontinued. Many really liked it for travel, but some said the powdered form wasn't as effective. Now we have the best of both worlds! These are single serve little packets that easily go with you onto the plane or into your purse! It's one serving of aloe, ready to go into water or your favorite beverage. All three flavors are available: Cranberry, Mango and Mandarin Orange. 30 packets retails for \$53.85. Enjoy!!



Many Thanks to EVERYONE on the team for all Your Hard Work! You are changing lives every day with these products and this business opportunity!!!

The Success Forum is a newsletter compiled and published by Cheryl Wisdom Murphy at least quarterly for the customers and downline Supervisors of Cheryl Wisdom Murphy, Herbalife Independent Distributor. If you are neither of the above but would like to receive the Success Forum, please send a check or money order for \$10.00 (\$15.00 outside the U.S.) to Supplemental Wellness, 10015 Cascade Road, Lowell, MI 49331. Please make checks payable to Supplemental Wellness LLC. Your subscription will be good for one (1) year, with the expiration date noted on your mailing label. If you have any questions about your subscription, please call (616)868-7551 or e-mail SupplementalWellness4u@gmail.com. You may not email with product questions. In no event should any statement made by any Herbalife product user be construed as a claim or representation that Herbalife products are for anything other than the uses set forth in Herbalife literature or on product labels. The contents of this newsletter are not to be recopied in whole or in part by any means, including electronically, without permission. Direct quotes may be taken from this newsletter but must be referenced! Thank you for honoring this request.