



Dr. Malott-Brechtel

Density, not destiny!

Dear Dr. Brechtel,

I am a 64 year old female and have been diagnosed with osteoporosis. I have heard recently about a lot of negative side effects of the bone building drugs. What natural alternatives are there available for this condition?

Weight-bearing exercises are the number one thing you can do help prevent, and fight osteoporosis. In addition to exercise, I recommend taking a high quality source of calcium.

Calcium hydroxyapatite is one of the best forms of calcium, followed by calcium citrate (for those of you with gut problems). Remember calcium usually likes an acidic environment in the stomach for absorption. Since we tend to lose stomach acidity as we age, some people absorb calcium better when adding in betaine HCl to their diet (in a digestive enzyme mix). Magnesium must be balanced with calcium for proper incorporation into bone, and other cofactors like vitamin D, boron, and other trace minerals are critical for getting calcium into the bone matrix. Eating a more alkaline diet can also help increase bone health. Coffee and sodas leach calcium from bone, so avoid them whenever possible.

Dr. Mary Malott-Brechtel is a chiropractor and Board Certified Clinical Nutritionist and can be reached at (409) 744-2225 or via www.malottchiropractic.com