

# Stop The Bone Thieves



## CHECKLIST

# 01

### Stop taking osteoporosis drugs.

Osteoporosis drugs such as bisphosphonates stop osteoclasts from performing their necessary functions.<sup>1</sup> This means that they slow down the breakdown of bone tissue. At first, this may seem beneficial, but science has shown that old bone must first be removed for new bone to be deposited. Simply reducing osteoclast activity prevents old bone cells from being replaced. Instead, bones become thick and brittle, and while they may appear denser, they're actually more susceptible to fracture. Research has shown that patients taking bisphosphonates develop large crystals in place of healthy bone mineral.<sup>1</sup> This may cause bones to appear denser on a bone density scan (DXA scan), but in reality they are weakened as a result of the drugs. Moreover, taking bisphosphonates has been associated with a higher risk of atypical fractures of the femur.<sup>2</sup> Shockingly, the very drugs intended to strengthen bones harm them.

1. Shah FA, Lee BE, Tedesco J, Wexell CL, Persson C, Thomsen P, Grandfield K, Palmquist A. "Micrometer-Sized Magnesium Whitlockite Crystals in Micropetrosis of Bisphosphonate-Exposed Human Alveolar Bone". *Nano Letters*. 2017. 17 (10): 6210-6216. Web: <http://pubs.acs.org/doi/full/10.1021/acs.nanolett.7b02888>  
2. Schilcher J, Michaelsson K, Aspenberg P. "Bisphosphonate Use and Atypical Fractures of the Femoral Shaft." *The New England Journal of Medicine*. May 5, 2011. 364:1728-1737. Web: <https://www.nejm.org/doi/full/10.1056/NEJMoa1010650>



### Stop drinking milk.

Milk is acidifying. It lowers your serum pH, which triggers the release of alkalizing molecules to keep your pH in balance. The calcium in your bones is one of your body's largest sources of alkaline compounds. So although milk technically adds to your calcium consumption, drinking milk causes calcium to be leached from your bones. That results in a net loss of calcium.

# 02



# 03



## Stop excessive stress.

Cortisol alters your body's ability to metabolize calcium.<sup>1</sup> Specifically, it signals the intestines to absorb less calcium. At the same time, it signals the kidneys to increase their excretion of calcium as waste, making it more difficult to obtain calcium from the foods you eat.

1. Lukert BP, Raisz LG. "Glucocorticoid-induced Osteoporosis: Pathogenesis and Management." *Annals of Internal Medicine*. 1990; 112: 352-364.

## Stop consuming inflammatory foods.

The Medical Establishment is finally starting to recognize chronic inflammation as one of the main culprits of many modern-day health problems, including osteoporosis, cancer, and Alzheimer's disease. In fact, the presence of inflammatory markers has been directly linked to an increased risk for osteoporosis and osteopenia. In a recent study of 800 postmenopausal women, individuals with the highest levels of inflammatory markers had an astonishing 276% greater risk of hip fracture over a seven year period.<sup>1</sup>

1. Barbour KE, Boudreau R, Danielson ME, et al. "Inflammatory Markers and the Risk of Hip Fracture: The Women's Health Initiative." *Journal of Bone Mineral Research*. 2012; 27:1167-1176.

# 04

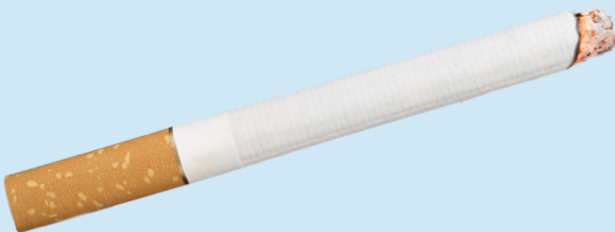


## Stop smoking tobacco products.

Smoking tobacco has a direct effect on your risk for osteoporosis or osteopenia related fractures. A worldwide meta-analysis comprising 59,232 people linked smoking to an 84% higher risk of hip fracture. Making matters worse, smokers take longer to recover from fractures.<sup>1</sup>

1. Kanis JA, et al. "Smoking and Fracture Risk: A Meta-Analysis." *Osteoporosis International*. 2005;16:155-162.

# 05



## Stop consuming excess sugar.

Consuming large amounts of sugar has a profound effect on your body's ability to utilize bone-healthy minerals. For example, sugar is highly acidifying, triggering calcium loss from your bones in order to restore an alkaline serum pH.<sup>1,2</sup> Sugar also causes greater magnesium excretion, meaning you're left with less of this important mineral necessary to strengthen your bones.<sup>3</sup>

1. Tjaderhane, L. and Larmas, M. "A High Sucrose Diet Decreases the Mechanical Strength of Bones in Growing Rats." *Am J Clin Nutr.* 1998;128:1807-1810. Web. <https://www.ncbi.nlm.nih.gov/pubmed/9772153>

2. Lemann, J. "Evidence that Glucose Ingestion Inhibits Net Renal Tubular Reabsorption of Calcium and Magnesium." *Am J Clin Nutr.* 1976 ;70:236-245. Web.

3. Swaminathan R. "Magnesium Metabolism and its Disorders." *The Clinical Biochemist Reviews.* 2003 May; 24(2): 47-66. Web. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1855626/>

# 06



# 07



## Stop living a sedentary lifestyle.

In addition to reducing overall mortality risk, engaging in more physical activity each day reduces the risk of osteoporosis and osteopenia.<sup>1</sup>

1. Howe TE, et al. "Exercise for Preventing and Treating Osteoporosis in Postmenopausal Women." *Cochrane Systematic Review.* 2011. Web. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD000333.pub2/abstract>

## Stop drinking excess alcohol.

The high level of toxins in alcoholic beverages contributes to their acidifying effect, leaching strength from your bones. Plus, drinking too much alcohol makes it more difficult for your body to absorb Vitamin D, which is essential to help prevent and reverse osteoporosis and osteopenia.<sup>1</sup>

1. Turner RT et al. "Chronic Alcohol Treatment Results in Disturbed Vitamin D Metabolism and Skeletal Abnormalities in Rats." *Alcoholism Clinical and Experimental Research.* 1988;12:159-162.

# 08



## Stop drinking sodas.

There are several reasons why soda is detrimental to your bone health. Like many other sugar-rich foods, soda acidifies your serum pH. The primary acidifying compound in cola is phosphoric acid. Diets high in phosphoric acid have been associated with lower bone density and increased hip fractures.<sup>1</sup>

1. Karen B Williams, RDH, PhD. "Bone Density and Consumption of Cola Beverages." *Journal of Dental Hygiene.* 2007; 82. Web: <http://jdh.adha.org/content/82/1/7.full.pdf>

# 09



## Stop taking prescription medications that weaken bones.

People are commonly prescribed medications to treat a variety of chronic medical conditions. In many cases, though, prescription drugs, such as some thyroid medications, loop diuretics, antidepressants, glucocorticoids, and more, may make bones weaker.<sup>1</sup> Sadly, most physicians remain unaware of the negative effects of these medications on bone health.

1. Panday, Keshav, Gona, Amitha, and Humphrey, Mary Beth. "Medication-induced Osteoporosis: Screening and Treatment Strategies." *Therapeutic Advances in Musculoskeletal Disease*. 2014. 6:185-202. Web. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4206646/>

# 10



# 11



## Stop blindly trusting Big Pharma and the Medical Establishment.

Doctors are not deliberately lying to you or hiding the truth. In many cases, they're simply out of touch with the latest research about bone health. In fact, the U.S. Department of Health and Human Services found that once a new piece of scientific research emerges, it takes up to 17 years before doctors routinely incorporate that information into their medical practice.<sup>1</sup> Seventeen years is a long time to wait for accurate, evidence-based information.

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3241518/>

## Stop believing you have a disease.

It takes time to shift your thinking about bone health. The Medical Establishment and Big Pharma have convinced the public that a diagnosis of osteoporosis or osteopenia means they are vulnerable, sick, and in need of drugs to improve their bone health. This could not be farther from the truth.

Rather, the evidence points to the fact that osteoporosis and osteopenia are not diseases and that the existing diagnostic criteria is mostly arbitrary.

# 12



## Conclusion.

The Medical Establishment and Big Pharma have framed osteoporosis as a devastating disease that can only be stopped with the use of prescription drugs. The items in this checklist are meant to encourage you to make small, everyday choices that actually have a big impact on your bone health. These “bone thieves” are slowly stealing the life from your bones. Stop the bone thieves in their tracks by taking action today.

While we've presented you with some of the “bone thief” offenders, there are more out there. Moreover, the next, and most crucial step after stopping the “bone thieves”, is to rebuild your bones. This is what's covered in our [Program](#). You can learn more by [clicking here](#).



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