

8

Essential Tips To BEATING OSTEOPOROSIS



OSTEOPOROSIS IS **OUR PASSION**

When I turned thirty I was diagnosed with advanced osteoporosis—and from that moment on, everything in my life changed. My bustling New York City life came screeching to a halt when I simply could no longer ignore the pain in my hips and lower back. It was time to face the fact that the pain I had been experiencing for almost a year couldn't simply be due to my high heels and long hours of stressful work—I had come to the reality that something was wrong with my body.



***“I was diagnosed with advanced osteoporosis. My bones had deteriorated to those of an 80-year-old woman. And the worst part of all was that my doctor didn't think they would get any better.*”**

My doctor diagnosed me with advanced osteoporosis. He told me my bones had deteriorated to those of an eighty-year-old woman.

I was only thirty years old and had been living what I believed to be a healthy lifestyle! How could this be happening? The most devastating part of all was that my doctor didn't think my bones would get any better. It seemed I was fated to live a life filled with prescription medications with a host of detrimental side effects that at best would keep my bones from getting worse.

I can honestly say that being diagnosed with osteoporosis scared me to death—and I don't scare easily. I had so many fears—from losing my job, to losing my independence, to being constantly in and out of the hospital with broken bones. It felt like the best days of my life were behind me. I felt useless, ashamed, embarrassed, and helpless. My future was looking like a nightmare I was terrified to live.

But I am a fighter, and if you're reading this right now, there is a good chance that you're a fighter too. After the fear and depression passed, I wanted to face my osteoporosis head on. I wanted the truth about what osteoporosis was, how I got it, and most importantly, how to reverse it. After spending months thoroughly researching the negative side effects of the medications I had been prescribed, I decided to forgo taking medication. I took my health into my own hands and began to search for an alternative, natural treatment. However, after several years, and a small fortune later, my efforts were not proving successful. I was discouraged and was beginning to fear that my decision to say no to medication had been a mistake. I was afraid that my fight, determination, and quest for knowledge had been in vain.

That's when fate stepped in. I was introduced to a pioneer in the field of nutrition and lifestyle medicine, known for his cutting-edge, out-of-the-box theories, who was willing to look at my osteoporosis from a completely new angle.

Luckily, I met **Dr. Jayson Calton** who had been working in the field of nutritional medicine for 14 years and had helped thousands of clients suffering from a wide variety of health conditions and diseases

He was shocked to find out that such a young, vibrant woman was suffering from such an advanced form of osteoporosis. Together we pinpointed specific diet and lifestyle habits that may have contributed to my disease. I was shocked to learn that the

majority of the foods I was eating were micronutrient-poor foods that have been stripped of their essential, health-promoting vitamins and minerals.

We determined that my life in the big city didn't help matters either. Like many urban dwellers, my days had been filled with stress, excessive caffeine and alcohol consumption, carbon monoxide inhalation, poor sleep patterns, excessive exercise, and frequent dieting. This was a lifestyle and environment that further sabotaged my body's ability to absorb the micronutrients necessary for health and vitality.

We changed my eating habits to replace micronutrient-poor foods with more micronutrient-rich alternatives. We eliminated many of my poor lifestyle habits and began a program of weight-bearing exercise, and, perhaps most important, we developed and implemented a very specific "anti-competition" micronutrient therapy protocol that separated the vitamins and minerals that were crucial for my body to absorb into multiple doses throughout the day in order to eliminate their competition for absorption pathways. Slowly, I began to feel better. However, we knew that only a new DEXA scan, the common test given to measure bone mineral density, would give us the information and the proof we were praying for. On my return visit to my doctor's office the news couldn't have been any better. Within 2 years, my advanced osteoporosis was completely reversed.

As you can imagine, we were elated. Our intense research and mutual respect had also given us something beyond the reversal of osteoporosis to celebrate. After many months of working so closely together, we had also fallen in love.

Now working as a couple and inspired by our success in reversing my osteoporosis, we turned our complete attention to helping individuals with osteoporosis to build bone naturally through micronutrient therapy.

“Severe micronutrient deficiencies had played a central role in the development of her advanced osteoporosis.



OUR 3-STEP APPROACH

Here at Calton Nutrition, we believe in the healing power of micronutrients. In other words, we believe that getting enough of your essential vitamins, minerals, essential fatty acids (EFAs) and amino acids is essential to achieve and maintain a state of optimal health. Because of this, we created a simple 3-step approach to becoming micronutrient sufficient to help others achieve this healing state.

The good news is, these same 3-steps can be followed by anyone (woman or man) looking to prevent or reverse osteoporosis. However, while this sounds easy, based on our experience healing Mira, as well as with thousands of clients over the last 15 years, full incorporation of all 3-steps are essential if you want to truly beat osteoporosis.



DIET: Get rid of the foods that feed bone loss.



LIFESTYLE: Reduce and/or adjust the lifestyle habits that can cause bone loss.



SUPPLEMENTATION: Learn to supplement smart, using the specific combinations and forms of micronutrients shown to enhance absorption and boost bone benefits.

**In this short guide you will learn
8 essential tips
to build stronger bones today!**

- Tip #1. Sack the sugar
- Tip #2. Separate calcium and magnesium
- Tip #3. Pick up the protein
- Tip #4. Stay away from the scripts
- Tip #5. Nix the nuts
- Tip #6. Populate with probiotics
- Tip #7. Protect your vitamin K2
- Tip #8. Skip the sunblock



Be the first to read our new book...



REBUILD YOUR BONES

The 12-Week Osteoporosis Protocol

*by Mira Calton, CN, and Jayson Calton, PhD
Rodale Books - September 2019*

An osteoporosis diagnosis can feel like a debilitating life sentence—one that leaves you feeling stuck with a future of prescription drugs that only might keep the condition from worsening. Mira Calton, CN and Jayson Calton, PhD have discovered a better way to prevent and even reverse the disease, through the power of micronutrient therapy. The secret to building strong bones lies in the right combination of micronutrients— the vitamins, minerals, essential fatty acids, and amino acids in the foods we eat and supplements we take.

In *Rebuild Your Bones - The 12-week Osteoporosis Protocol*, the Caltons reveal how our dietary, lifestyle, and even supplementation habits may be depleting these essential micronutrients. They also provide an easy-to-follow plan to reverse these effects, including recipes and meal plans, exercise advice, and supplement recommendations. If you're looking for a pharmaceutical-free way to restore your bone health, look no further—this is the definitive guide to safely and naturally stave off osteoporosis and reclaim your health.

In *Rebuild Your Bones* you will learn:

- To calculate the exact amount of protein *your* body requires daily to build bone
- The exercise technique proven to build bone...It's not what you think!
- Which nutrients you need to supplement in order to rejuvenate bone
- Which fats cause bones to deteriorate...and which fats builds them.
- What popular diet is best for bone health
- Which foods are leaching nutrients from your bones
- **Plus 40 healing habits scientifically proven to build strong bones**

**CLICK HERE TO LEARN MORE ABOUT
REBUILD YOUR BONES**



TIP #1: SACK THE SUGAR

The sad fact is, consuming almost any processed food today will most likely end up in the consumption of sugar. At first glance sugar may actually seem harmless or even beneficial – after all it makes you feel good, it tastes good, it puts a smile on your face, and it brightens your day. So how can something so “good” actually turn out to be so bad for your bones? The truth is, sugar is far from sunshine and rainbows.

While sugar’s sweet flavor may be appetizing, its depletion of the essential bone-building minerals calcium, magnesium, chromium, and copper is not. Sugar also negatively affects your vitamin C status as well; because of similar chemical structures, vitamin C and glucose (a type of sugar) compete for entry into your cells. Even slightly elevated blood sugar levels have been shown to block vitamin C from getting into your cells where it is needed. Not only can this lead to a weakened immune system, it can also cause weakened bones as vitamin C is also a necessary element in bone matrix.

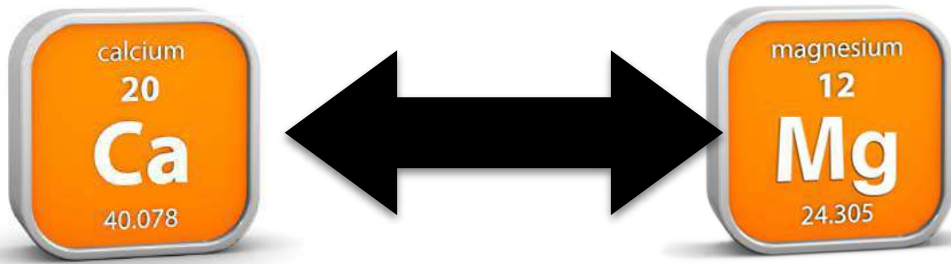
Sugar: A Master of Disguise

If sugar were a secret agent, then it would be one of the best disguised in the world. Food manufacturers have upped their game by using different aliases for sugar on their packaging. This can fool even savvy shoppers into thinking a food is “sugar free” because the word “sugar” is nowhere to be found. But this couldn’t be further from the truth! All of the names listed here are different aliases for sugar, and should be avoided if bone health is your goal.

THE MANY NAMES FOR SUGAR

Don’t let manufacturers fool you. All of these aliases need to be avoided.

| | | |
|----------------------|---------------------------------|-----------------|
| Barley malt | Demerara sugar | Invert sugar |
| Beet sugar | Dextrin | Lactose |
| Blackstrap molasses | Dextrose | Maltodextrin |
| Brown sugar | Diastase | Maltose |
| Cane juice crystals | Diastatic malt | Malt syrup |
| Cane sugar | D-mannose | Maple syrup |
| Caramel | Evaporated cane juice | Molasses |
| Carob syrup | Fructose | Raw sugar |
| Castor sugar | Fruit juice concentrate | Rice syrup |
| Confectioner's sugar | Galactose | Sucrose |
| Corn sweeteners | Glucose | Syrup |
| Corn syrup | High fructose corn syrup (HFCS) | Treacle |
| Crystalline fructose | Honey | Turbinado sugar |
| Date sugar | | |



TIP #2: SEPARATE CALCIUM & MAGNESIUM

We have all heard that we need to take calcium and magnesium for strong bones, right? Well, what you may not have heard is that many micronutrients (vitamins and minerals) DO NOT work well when taken together. In nutritional science they call this antagonisms or competitions. And guess what, **calcium and magnesium are two of more than 30 essential vitamins and minerals that when taken together compete for absorption.**

Shocking, right? Science has confirmed that certain micronutrients, when delivered at the same time, like when we take calcium and magnesium together, greatly reduce or eliminate the ability of other micronutrients to be absorbed or utilized. This is a big problem if your goal is to successfully deliver all the vitamins and minerals your body needs each and every day to prevent or reverse osteoporosis. We believe that micronutrient competitions are the main reason multivitamins have fared so poorly in terms of overall benefits when compared to research using individual or small groupings of micronutrients.

The advertisement background shows a woman in a white shirt and pants standing on a beach with her arms raised in a 'V' shape, looking out at the ocean. The text "nutreince" is in a large, blue, sans-serif font, with "DRINKINHEALTH" in a smaller, blue, sans-serif font below it.

nutreince
DRINKINHEALTH™

This is also why many experts steer away from recommending supplements in general. However, we don't believe avoiding supplementation is the answer. Instead we spent years researching micronutrient competitions and mapping out which micronutrients could be taken together and which ones should be taken apart.

In the case of calcium and magnesium, science shows us that it's best to take these essential minerals separately. By taking your calcium in the morning and your magnesium at night before bed you can naturally eliminate this competition and get all of their amazing bone-building benefits.

However, **this is only one of more than 48 competitions that can take place between the vitamins and minerals found in a typical multivitamin supplement.** We feel that a person suffering from osteoporosis shouldn't have to become a chemist and learn all about micronutrient competitions in order to supplement safely and effectively. That is why we formulated and patented a multivitamin called nutreince, which naturally separates these competitions. We know for a fact that the anti-competition technology in nutreince allowed Mira's body to absorb all the micronutrients it needed to reverse her osteoporosis, and we truly believe it can do the same for you.

ELEVATE YOUR
NUTRIENT LEVELS
WITH A MODERN
MULTIVITAMIN
THAT SEPARATES
CALCIUM FROM
MAGNESIUM

[Try Risk Free Today](#)



TIP #3: PICK UP YOUR PROTEIN

Whether you are sitting behind a desk most of the day or are training for a triathlon studies show that there is a high likelihood that you are simply not getting enough protein – especially if you are over 30. That is when a process called sarcopenia begins to occur, which is a gradual loss of muscle mass as one ages.

Why is it so important to keep your muscle as you age? It's because sarcopenia, or muscle loss, has been credited with causing a slew of health problems, including low bone mineral density and fractures. Studies have shown that muscle quality is critical for balance control in elderly individuals. People with osteoporosis often have muscle weakness leading to poor balance, falls and fractures. Therefore, improving muscle quality and strengthening weak muscles are essential elements for the prevention of falls and fractures in older adults with osteoporosis.

You likely know that the human body requires protein to build muscle, but did you know protein is just as important to the building of bone? Recently, a scientific team from the Bone Metabolism Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University discovered that getting the right amount of protein dramatically improved bone health. **They reported that men and women who increased their dietary protein by an average of 58 grams of protein a day had 25 percent higher levels of bone growth factor and lower levels of a marker of bone resorption (bone loss) compared with controls.** So why not give your body the extra protein it thirsts for by drinking a great tasting quality protein shake like our IN.POWER organic protein powders?

Your ESSENTIAL Amino Acids are ESSENTIAL for bone building

A quality protein powder delivers more than just essential protein to help build your strong and supportive muscles; it also delivers another class of essential micronutrients called amino acids, which act as building blocks of protein. There are 22 standard amino acids, nine of which are essential and eight that are conditionally essential. They are called essential or conditionally essential amino acids because for the first nine, and under certain conditions for the second eight, our bodies cannot manufacture them, so we need to get a sufficient amount of each one, every day, from the food we eat or supplements we take. Just like we need to get a sufficient amount of each essential vitamin, mineral, and essential fatty acid daily if we are going to achieve optimal health. Failure to get enough of even one of the essential amino acids can have serious health implications.

Not only is a quality protein powder that delivers a full spectrum of all the essential amino acids your body needs (WARNING: not all protein powders do) a convenient and affordable way to

get the amino acids you need, it has also been shown to have a multitude of incredible scientifically proven health benefits such as, lowered stress and improved mood, protection against cognitive decline, weight loss, decreased risk of cardiovascular disease, lowered risk of type 2 diabetes, increased lean body mass, boosted beneficial gut bacteria, and even inhibited growth of cancer cells

While all of these health benefits are amazing, take a look at what researchers are discovering about how ESSENTIAL amino acids are for bone health.

- Arginine, lysine, alanine, proline, leucine, and glutamine have been shown to promote osteoblast (bone-building cells) growth and differentiation.
- Arginine has also been shown to stimulate growth hormone (GH) secretion thereby promoting production of insulin-like growth factor (IGF-1) which are both fundamental in skeletal growth and bone health throughout life.
- Arginine, lysine, and glycine have been associated with an improvement in collagen formation or synthesis. Bone mineral is laid down over a protein matrix called collagen. Collagen makes up about 30% of our bones, serving as a support structure for mineral deposits and giving bone its resilience. So, these three amino acids are playing a huge role in both your bone formation and structure.
- Leucine has a direct effect on the initiation of mRNA translation and is thought to be the most efficient of the branched-chain amino acids at increasing muscle protein synthesis, which is critical for the maintenance of adequate bone strength and density.
- Furthermore, supplementation with L-arginine (2g/day) for 2 years increased Bone Mineral Density (BMD) by 11.6% in 150 osteoporotic postmenopausal women.

And greater amino acid intake equals greater bone density. A study published in the Journal of Bone and Mineral Research proved that higher intakes of six of the bone-protective amino acids were significantly associated with higher Bone Mineral Density (BMD) at the spine and forearm. This is a great reason to supplement daily with a high quality protein powder that delivers a full spectrum of your essential amino acids like IN.POWER.

IMPROVE
MUSCLE &
BONE HEALTH



GET THE POWER OF
AMINO ACIDS WITH
IN.POWER PROTEIN

[Learn More](#)



TIP #4: STAY AWAY FROM THE SCRIPTS

Most people think of their medications (both prescription and OTC) as beneficial to their overall health – and in some cases this is true. However, it is important to be aware that a good number of medications can actually weaken your bones and induce osteoporosis. In this case, changing or getting of the medication may be your best course of action. But, depending on your specific circumstances you may not be able to immediately get off or change your medications. Therefore, if you can't make changes to your medications it is imperative that you learn ways to improve bone health while taking the bone thieving meds.

While glucocorticoids a class of corticosteroids are the medication most commonly associated with drug-induced osteoporosis, the use of several other prescription drugs also increase the risk of significant bone loss and fracture. These medications include proton pump inhibitors (PPIs), birth control pills, selective serotonin receptor inhibitors (SSRIs), thiazolidinediones (TZDs), anticonvulsants, medroxyprogesterone acetate (MPA), gonadotropin hormone antagonists, calcineurin inhibitors, chemotherapies, and anticoagulants.

If you are taking any of these medications (we cover a lot more in **Beating Osteoporosis**) it is imperative that you replenish your lost micronutrients through micronutrient rich food and smart supplementation daily. Let's take a look at three of these medications to see which micronutrients they deplete and how the depletion of those micronutrients can directly affect your bone health.

Glucocorticoids or corticosteroids: Used to treat allergies, asthma, severe inflammation, and autoimmune diseases.

Although taking this prescription may have relieved your asthma symptoms or inflammation, you may not know that it also robbed your bones of essential micronutrients including vitamins A, B6, B9, B12, C, D, and K, as well as calcium, magnesium, phosphorus, potassium, selenium, zinc, and amino acids.

Common corticosteroids include:

Cortisone(Cortone), Hydrocortisone [Cortisol] (Cortef, Hydrocortone), Prednisone (Deltasone, Meticorten, Orasone, Panasol-S), Prednisolone (Delta-Cortef, Prelone, Pediapred), Triamcinolone (Aristocort, Atolone, Kenacort), Methylprednisolone (Medrol), Fluticasone (Flonase, Veramyst), Beclomethasone (Beconase, Qvar, Vancenase, Vanceril)

Making matters worse is that corticosteroids also have a direct, double whammy negative effect on your bones. *They interfere with bone formation, while simultaneously stimulating bone resorption, thus accelerating bone loss significantly.* Studies have shown that within the first year of corticosteroid use, bone mineral density (BMD) drops 6 to 12 percent and approximately 3 percent the following year. Even more startling is

that the risk of fracture escalates by as much as 75 percent within the first three months of use. On a brighter note, there is also a remarkable decrease in the risk of fracture within the first three months after the medication is discontinued. Doses as low as 5 mg a day have been shown to increase fracture risk.

Antidepressants - Selective Serotonin Reuptake Inhibitors (SSRIs): Used to treat depressive disorder and anxiety under names such as Prozac and Paxil.

SSRI's cause a wide variety of micronutrient depletions including vitamins B6, B9, B12, C, and D, as well as omega-3, CoQ10, and amino acids. Remember that B6, B9, and B12 work in unison to reduce homocysteine levels, which reduces bone loss, whereas a deficiency of omega-3, which you will learn about later in this guide, also puts your bones at risk. Studies have shown that SSRIs increased risk for osteoporosis by as much as 46 percent and osteoporotic fractures by 45 percent! Shockingly, these increased risks began after just 3 months of use. (The same study found that Opioid prescriptions increased fracture rates significantly in only 30 days!)

Common SSRIs include: *fluoxetine, sertraline, citalopram, paroxetine, escitalopram, dapoxetine, mesembrine, seproxetine and zimeldine*

Antacids - Proton Pump Inhibitors : Used to treat GERD; severe gastric ulceration.

Research indicates that these medications can deplete vitamins A, B1, B9, B12, C, and D, as well as calcium, copper, iron, magnesium, phosphorus, potassium, and zinc. PPIs are the most potent of the acid blockers; just one PPI pill can reduce stomach acid secretion by 90 to 95 percent for twenty-four hours. Remember, reduced stomach acid means reduced micronutrient absorption (many micronutrients need an acidic environment for absorption) Studies evaluating PPI use for more than one year have consistently demonstrated an increased risk of hip fracture (20 to 62 percent) and an increased risk of vertebral fracture (40 to 60 percent).

Common Proton Pump Inhibitors include: *Lansoprazole (Prevacid), Omeprazole (Losec, Prilosec), Rabeprazole (Aciphex), Pantoprazole (Pantoloc, Protonix)*

While many of these prescription drugs may make you “feel better,” like a Band-Aid covering and protecting a wound, they likely will not fix the underlying problem. In fact, at a micronutrient level, they may be making matters quite a bit worse. The fact is that many medications (prescription and OTC) have been shown to deplete the very micronutrients you need for bone health. Ask your health care professional to help you determine if your medications may be contributing to your bone loss, and in the mean time continue to read this guide for more tips on how you can safely and effectively replenish your lost micronutrients.

[**CLICK HERE FOR A FULL LIST OF PRESCRIPTION DRUGS & WHICH MICRONUTRIENTS THEY DEplete**](#)



TIP #5: NIX THE NUTS

So many people LOVE nuts and use them as their “go-to” snack. This is because most people think of nuts as a “healthy” snack, but are they? If you are one of these people... STOP! Put down the nuts, and read on.

Here at Calton Nutrition we look at everything through our micronutrient sufficiency glasses. Meaning we determine whether a food is “healthy” or not, based on two things:

- 1) Does the food have the ability to deliver meaningful amounts of essential micronutrients?
- 2) Does the food decrease micronutrient status due to any potentially harmful or micronutrient depleting ingredients such as GMOs, pesticides, anti-nutrients, or cause an imbalance of essential fatty acids?

So how do nuts & seeds stack up?

To start with nuts/seeds contain **5 different anti-nutrients!** They contain oxalic acid, phytic acid, lectins, tannins, and trypsin inhibitors, and each of these naturally occurring compounds deplete a wide array of essential micronutrients your body needs to maintain your bone health. To put that into perspective that is more than any other single food in the world! (That we are currently aware of)

| Anti-Nutrients in Nuts | The Micronutrients Depleted |
|---------------------------|---|
| Oxalic Acid | Calcium, iron, magnesium |
| Phytic Acid | B ₃ , D, calcium, chromium, copper, iron, magnesium, manganese, zinc |
| Lectins | All vitamins and minerals |
| Tannins | B ₁ , B ₉ , calcium, iron, magnesium, zinc |
| Trypsin Inhibitors | Fat-soluble vitamins A, D, E, and K, amino acids (carnitine) |

Now, we are not going to go into each and every one of these micronutrient depleting anti-nutrients in this short guide, but you can read all about them in Chapter 3 of ***Beating Osteoporosis***.

Can you see how eating those seemingly harmless almonds, cashews, or pistachios can deplete your bone building micronutrients?

And if anti-nutrients aren't enough to turn you off...Let's chat INFLAMMATION!

While some of the micronutrient depleting effects of these anti-nutrients can be greatly reduced by soaking and/or sprouting your nuts and seeds, these handy snacks are also full of another bone density enemy – pro-inflammatory omega-6 fatty acids. Most people have heard that the American diet is much too high in omega-6's (some research shows ratios between omega-6 and omega-3 as high as 25:1) The fact is, a high omega-6 diet can cause inflammation and, inflammation has been linked to...you guess it...OSTEOPOROSIS!

Many people spend a lot of money to include a good omega-3 supplement to offset their higher levels of omega 6, but is that really possible?

Take almonds and pumpkins seeds, for example:

1 oz. (not very much) of almonds & 1 oz. of pumpkin seeds
= EQUALS =
more than 9.2 grams of omega-6 (9,200 mg) & only .052 grams of omega-3 (52 mg)
That is a ratio of 177:1 (omega-6 to omega-3)
NOT GOOD

But, let's say you are taking a high quality fish oil that delivers around 600 mg of omega-3 per capsule.

You would have to take more than 15 fish oil capsules just to get back to a 1:1 ratio of omega 6 to omega 3 to counter act just 1 oz. of almonds and 1 oz. of pumpkin seeds.

The bottom line is nuts and seeds taste great, but they are not so great when it comes to your micronutrient sufficiency or your omega-3 to omega-6 ratio. If bone health is your goal we suggest greatly reducing or eliminating nuts/seeds from you diet. Then make sure to supplement smart with a high quality fish oil to reduce the risk of inflammation induced bone loss.

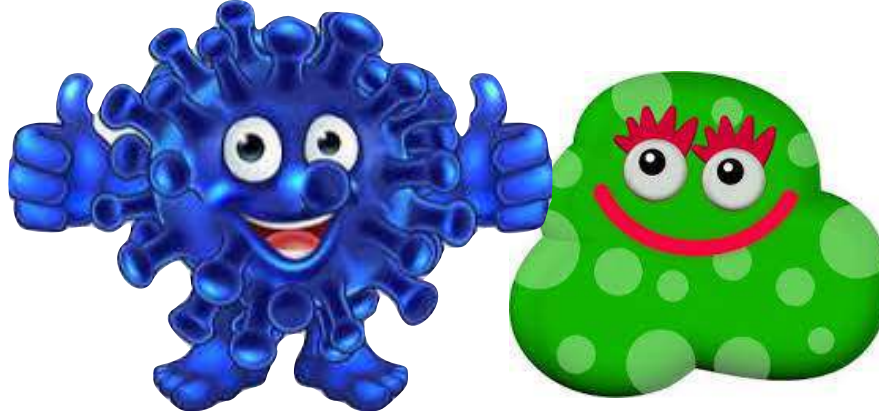
P.S. Omega-3 is not just anti-inflammatory – it's one of the least talked about, but powerful bone building supplements on the market – we reveal all the research in Beating Osteoporosis.



ORIGIN
OMEGA

REDUCE INFLAMMATION
BUILD STRONG BONES

[Try Origin Omega Risk Free](#)



TIP #6: POPULATE WITH PROBIOTICS

Probiotics are the “good bacteria” that line your digestive tract and support your body’s ability to absorb nutrients and fight infection. There are actually ten times more probiotics in your gut than cells in your body!

These good gut bacteria serve many functions:

- Assisting in digestion
- Producing micronutrients: vitamin B-12, butyrate and vitamin K2
- Inhibiting growth of harmful bacteria
- Crowding out bad bacteria, yeast, and fungi

There are numerous exciting new studies that suggest the **bone-building power** of probiotics. Research has revealed that probiotics in a healthy gut can increase bone mass, decrease bone breakdown and increase the levels of both calcium and phosphorus in the blood.

PREFERRED PROBIOTIC RICH FOODS INCLUDE: Yogurt, Buttermilk, Kefir, Coconut Kefir, Kvass, Sauerkraut, Olives, Pickled ginger, Kimchi, pickles, kombucha, raw cheese, assorted probiotic drinks (KeVIta, Harmless coconut probiotic, GoLive Probiotics)

10 THINGS THAT MAY HAVE KILLED YOUR GOOD BACTERIA:

1. Prescription Antibiotics
2. Chlorinated Tap Water
3. Grains
4. Stress
5. Sugar
6. Mouthwashes
7. Over-the-counter Medications
8. Antibacterial Products
9. Food Coloring
10. Surgeries / Chemotherapy

Starting a daily program of probiotics can help you to reap rewards quickly. For example probiotics have been shown to improve calcium and magnesium absorption (a BONE BONUS!). And for those who might find dairy to be difficult on the belly, probiotics can assist by naturally reducing the lactose. Look for a probiotic that supplies at least 5 billions of CFUs (colony forming units) with at least 5 different strains to aid in gut diversity (spanning both Lactobacillus and Bifidobacterium) and includes at least 1 billion spore forming probiotics, which will be listed as Bacillus on the supplement facts.



TIP #7: PROTECT YOUR VITAMIN K2

If you want to protect your bones, then it is essential that you protect the vitamin K2 that you take in your supplements.

Sufficient vitamin K2 is required to grow bones successfully as we mature, but it also has a role to play in maintaining bone density as an adult! In our successful efforts to reverse Mira's osteoporosis, we looked in depth at every micronutrient that she needed beneficial amounts of. We found that K2 is absolutely essential in order to activate (or carboxylate) a protein called osteocalcin, which removes calcium from our arteries, where it can form dangerous arterial plaque, and deliver it to our bone where it is needed to maintain our healthy bone density.

So K2 is extremely important to supplement for bone health. However, even if your bone-building supplement contains vitamin K2 ... you may not be in the K-lear!

When scientists recently evaluated supplements that claimed to contain vitamin K2, only 19 of the 101 tested samples matched the claim on their labels! That means 8 out of 10 were insufficient. On average the supplements delivered only 42% of the vitamin K2 they claimed to contain; some samples contained as low as 10% of what was promised!

Micronutrient stability problems with degradation are nothing new. As the inventors of anti-competition technology and the makers of the twice-per-day multivitamin - nutreince, we are passionate about reducing micronutrient competition and take every step we can to ensure micronutrient stability in our formulations.

The fact is, there is a high likelihood that the supplement manufacturers that were found to have low vitamin K2 levels in the study were not trying to deceive their customers at all, they simply were not aware of the competition between vitamin K2 and minerals like calcium and magnesium when they are put together in a formulation.

In The Micronutrient Miracle, we shared with you the 4 types of competitions that can occur with in a multi-nutrient formulation. The first type we discuss is called Chemical competition. It occurs during the manufacturing of all nutritional supplements, including multivitamins. When manufacturers combine competing micronutrients in one formulation, a chemical battle can ensue within the formulation itself, leaving the competing micronutrients compromised in some way. This chemical competition was the reason for the K2 degrading so quickly in the K2 supplements and why the potency was so low. Luckily, we have solved this problem in the products we offer to you.

Solving the Problem: Enter K2Vital Delta

Faced with the inevitable conclusion that they needed to solve this problem, the researchers created a new form of vitamin K2 that is protected during manufacturing and stays stable in a formulation with alkaline minerals (specifically calcium and magnesium). They did this by developing a double-coated, microencapsulated, all-trans form of vitamin K2 (in the MK-7 form) called K2Vital Delta.[3] This form is stable during processing due to resistance to high temperature and pressure, it's easy to handle, and keeps well over time. Moreover, because the double coated microencapsulation protects the vitamin K2 from other micronutrients in the mixture, combining K2Vital Delta with calcium or magnesium is no longer a concern.

Who is likely to be vitamin K2 deficient?

- Premature Infants
- Infants and Young Children in Developing Countries
- Pregnant & Lactating Women in Developing Countries
- People with Cystic Fibrosis / Pancreatic insufficiency
- Vegans, and to a lesser extent Vegetarians
- Low fat Dieters
- People with Poor Gallbladder Function
- People with Liver Disease
- People with poor probiotic status
- People with Chron's disease and/or Celiac disease

When researchers tested K2Vital Delta, they were thrilled to see almost perfect recovery of almost all of the vitamin K2 when put in a formulation with calcium compared to only about 65 percent recovery in products with regular K2 after just 3 months. A star was born!

When considering bone health, the benefits of vitamin K2 are clear. However, while most supplements designed for bone health supply vitamin K2, few go the extra step to make sure the K2 is not degraded in the formulation. Our bone-boosting multivitamin – nutreince, goes the extra mile by supplying the K2 as K2Vital Delta— ensuring that the amount of K2 we put on the label is delivered as promised.



PROTECT YOUR VITAMIN K2 LEVELS
WITH A MODERN MULTIVITAMIN
THAT SUPPLIES K2VITAL DELTA

[Try Risk Free Today](#)



TIP #8: SKIP THE SUNBLOCK

VITAMIN D - Free & Good for You and Me!

What's one vitamin that reduces the risk of cancer, Alzheimer's disease, diabetes, multiple sclerosis, and osteoporosis, while supporting our immune system, acting as an anti-inflammatory, and has been scientifically linked to maintaining a healthy body weight]? We'll give you a hint: it's the only vitamin you can get both from food and the sun. Give up? It's Vitamin D! The one vitamin that sun exposure produces for free. It's true our biology makes this accomplishment possible! After getting direct exposure to sunlight, your body will naturally generate ample amounts of bioavailable Vitamin D (Calciferol). Pretty cool, right? Yet, not everyone is able to go outside and get their daily dose of this essential vitamin. **In fact, according to the USDA only 7 percent of the entire US population over the age of 2 has an adequate intake of Vitamin D!**

Here are the people who are most at risk for developing a Vitamin D deficiency:

- Those who live at latitudes north of Atlanta (approximately 33 degrees north) during the winter.
- People with dark skin.
- The elderly, who produce vitamin D less efficiently than they did when they were younger
- Those who are overweight or obese.
- People who spend more time indoors and less time outdoors.
- Anyone who continuously uses sunscreen

Did you get that last part? Anyone who continuously uses sunscreen!

That means we all are susceptible to getting a vitamin D deficiency if we choose to slather on the sunscreen! Remember, vitamin D is essential in the complex interplay between magnesium, calcium, and your bones. So if bone growth is your goal, then depleting your body of vitamin D from the sunshine by wearing a huge brimmed hat and chemically laden sunscreen should be avoided.

However, burning isn't the answer either. At the end of the day, we should bear in mind the continued rise of skin cancer, and be aware that overexposure to the sun can be dangerous, but we don't need to be afraid of the sun. The sun supplies you with a free and natural source of the essential micronutrient vitamin D. We believe that there are 3 steps that allows us to enjoy the sun, produce natural vitamin D, and protect ourselves from sunburns as well.

Step 1:

Supplement smart to naturally protect your skin from the sun (this means nutreince and Origin Omega for us!) — the antioxidants and omega-3 fatty acids they deliver are proven to be sun protective!

According to Dr. Elizabeth Plourde, Clinical Laboratory Scientist (CLS) and specialist in the research of cancer and DNA, when it comes to protecting ourselves from the sunlight-induced free radical exposure, “antioxidants are the exact answer. [They] act exactly the same as the sunscreens . . . antioxidants have been proven to be protective . . . to act just like a sunscreen. And there’s many of them, there really are. Our skin is so well-designed that when the solar rays hit it, the antioxidants that are in the body actually move up and form a protective shield and act just like sunscreen.”

Step 2:

Allow your skin to be exposed to the sun (vitamin D time!), but stop or apply sunscreen before burning! Depending on your skin tone and how quickly you burn this could mean starting with as little as 5-10 minutes in the sun before applying sunscreen or for darker skinned individuals or individuals that don’t burn quickly ½ to 1 hour.

Step 3:

Choose a safe, healthy physical/mineral non-nano sunscreen such as zinc oxide or titanium dioxide. [Learn how to find one here.](#) Now get outside, get some sunshine, and boost those bones!

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