



## Sarah Paton, ND

Naturopathic Doctor

### **“Naturopathic Approach to Bone Health”** ***Bone Health Summit: Osteoporosis, Osteopenia and Beyond*** ***June 2, 2022***

#### **Top Tips for Bone Health**

- Digestion - increase stomach acid by drinking a little vinegar to improve calcium absorption. Note that TUM or antacids make it harder to absorb calcium. Get stool testing to see how well you're digesting. Genova CDSA is my favorite.
- Vitamin D - if in capsule - take with fat containing food to support best digestion/absorption
- Weight bearing exercise builds bone due to charged piezoelectric effect

#### **Homeopathic remedies + cell salts**

##### **For aggressive bone building**

- Calc flor 12x cell salt - 4 tablets 2x.day
- Calc phos 12x cell salt - 4 tablets 2x.day

##### **For bone maintenance support**

- BioPlasma by Hylands - combination cell salts (because it contains Silica those with implants/shrapnel/foreign bodies under the skin should avoid using as it can cause extrusion of such things in rare cases) - 4 tablet 2-3x.day

##### **To heal fractures**

- Symphytum officinale 30c - 3 pellets daily for 1 week then once a week until completely healed. DO NOT take if bones have not been properly set, as can cause rapid healing and need to be sure bones are aligned. Can also do Symphytum 6c daily 1 pellet daily after first week of 30c daily.
- Bryonia alba 30c - broken ribs with pain during any motion. Same dosing as above.

##### **For resorbing bone spurs/heel spurs**

- Hecla lava 6c - 1 pellet daily for 3 months, could add Hecla lava 30c 3 pellets once a week

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### **Blood Tests**

- N-Telopeptides and C-Telopeptides- bone breakdown marker
- Bone-Specific Alkaline Phosphatase - bone building marker
- Vitamin D - total 25 hydroxy vitamin D (optimal range 40-80)
- Fasting cholesterol panel - want to be sure you have adequate total cholesterol as a building block for vitamin D. Don't want total cholesterol less than 150, too low.
- Thyroid - TSH (optimal 0.5-2), Free T4, Free T3 - if overactive this can lead to increased bone breakdown, underactive decreases bone building.

### **Supplements**

- Calcium citrate: 1200-1500mg/day
- Magnesium citrate: 500mg/day
- Potassium citrate: 1200mg/day
  - (caution with ACE inhibitors and potassium sparing diuretics)
- Strontium citrate: 680 mg/day
  - (2 hours away from dairy/calcium or caution in severe kidney disease)
- Vitamin D3: 2000-6000iu/day, if deficient 10,000iu/day x 6 weeks
- K1 500-1000 mcg along with a kind of K2
- Forms of k2 (pick one of these)
- K2 menatetrenone: 400-1000 mcg/day
- K2 menaquinone 4 -1000mcg
- K2 menaquinone 7 - 45mcg
  - (caution if on warfarin)
- Boron: 3 mg/day

### **Mind Body Approach**

*Consider journaling using the following prompts:*

- Do I have deep feelings about some aspect of my life that I'm ignoring and if so what are they?
- What would you need to change to be in integrity with your inner wisdom?
- Do I have the support and strength I need in my life? If not, what kinds of support are you missing and how could you create/find them?

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