



Natural Solutions That Work

DR. BRIAN MCGUCKIN

# **Bone Health**

*Know Your Strength*

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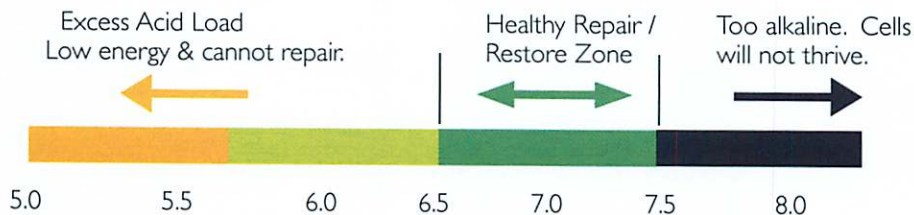
## Important Tests for Bone Health

**Vitamin D** signals the bone cells to keep calcium and minerals in them which tells the cells they are connected to each other to support healthy bones at the optimum range 50-80 on a Vitamin Test.

**Magnesium** is kept in healthy bones at a 1:2 ratio with calcium. For every two calcium molecules there is one magnesium. If magnesium is low calcium will leave the bone to match the 1:2 ratio which causes bone loss.

For example, if there were 1000 mg of calcium we would need 500 mg of magnesium to maintain the ratio. If magnesium goes to 200 you would lose 600 mg of calcium. Calcium would adjust to 400 mg. to maintain the optimal ratio. **This imbalance leads to muscle cramps, kidney stones, and bone loss.**

**First morning's pH** determines if you have enough cellular energy to make new bone. Cellular energy is needed to absorb magnesium adequately. If we are acidic we will not absorb magnesium or be able to build new bone.



**Schedule an appointment today  
to discuss your bone health**