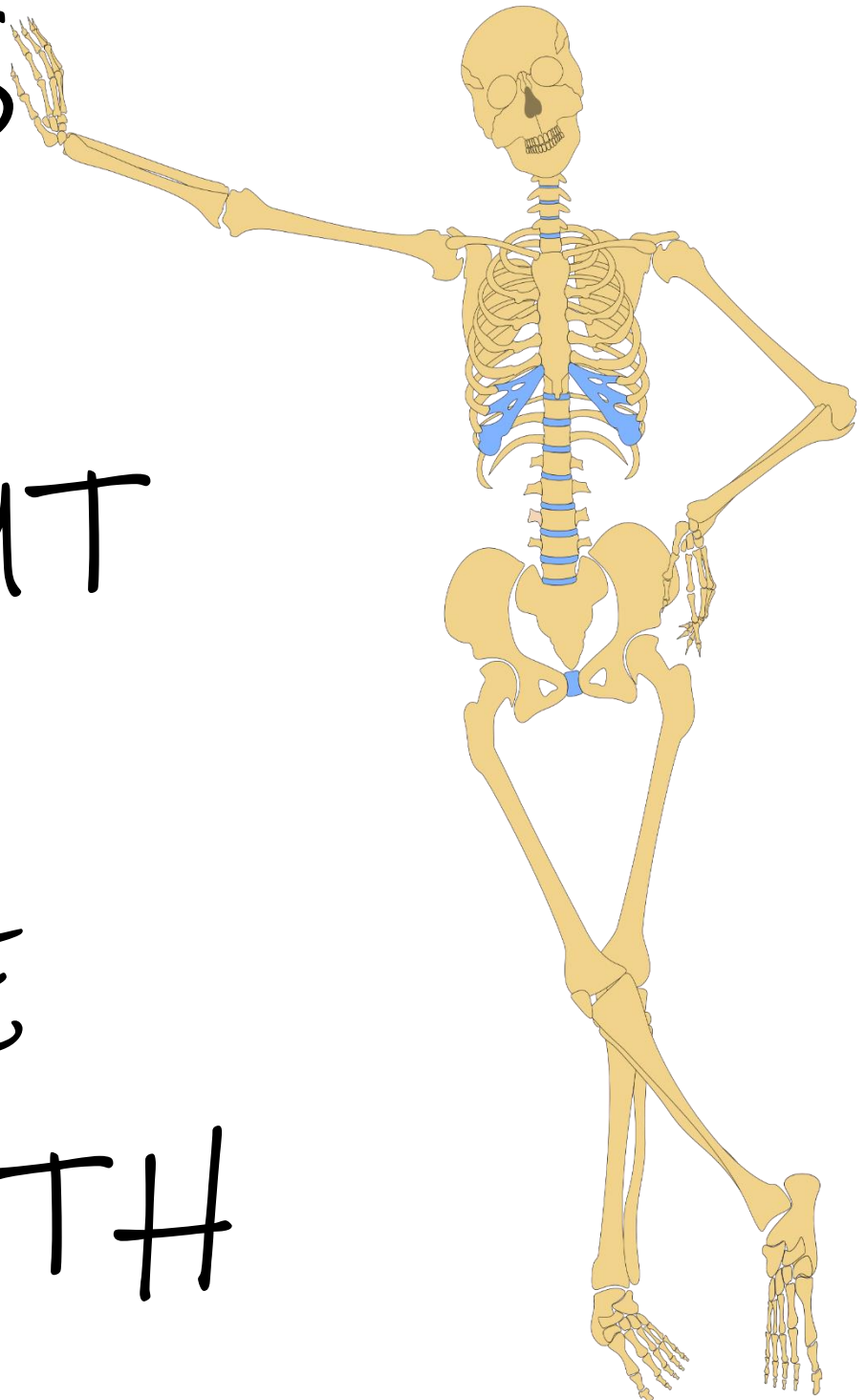


# OCTOBER NEWSLETTER



LET'S  
TALK  
ABOUT  
YOUR  
BONE  
HEALTH



# Osteoporosis?

Osteoporosis is a disease in which bones become brittle and break easily. You may have heard that osteoporosis occurs when we have holes in our bones, such as in the spine, hip, knee, ankle, hands, and feet. Normal bone looks like a honeycomb, so it is not uncommon to have gaps in the skeletal system. When a patient develops osteoporosis, these holes become larger than healthy bones and can lead to mobility problems.

## Chiropractic Treatments

There is no cure for osteoporosis, but appropriate treatment can help protect and strengthen your bones. Treatment can stimulate the growth of new bones and slow bone loss in the body. Chiropractors usually treat patients who suffer from a variety of conditions, such as back pain, joint pain, and joint stiffness. However, osteoporosis can also be treated with chiropractic care. Chiropractic care not only treats the symptoms of osteoporosis but also promotes healing. We'll guide you through the areas of osteoporosis and chiropractic and introduce some of the most common treatments for osteoporosis. Chiropractic treatments are generally a safe and beneficial treatment option for osteoporosis, but patients with common conditions are often reluctant to try spinal manipulation. Everyone has different needs, and spinal manipulation can bring well-deserved relief. If you have weak or fragile bones due to osteoarthritis or have a hole in your bone, our chiropractors can help you decide whether gentle spinal adjustments or similar treatments are right for you.



## Chiropractic Care

Studies have shown that chiropractic care promotes the natural healing process in the body by stimulating the production of osteoblasts. Osteoblasts are the cells that promote bone replacement in your body and support bone regeneration with bone collagen and proteins. They work with osteoblasts to maintain sufficient bone production. Unfortunately, osteoclasts break bones and break them down into smaller pieces, which can lead to bone loss. If you have enough osteoblasts in your body, it is not a problem, but adaptation-induced cell stimulation has been helpful for many patients.

Chiropractic treatments should not be ruled out in the case of osteoporosis, because of the increased risk of fractures. In fact, the first sign of osteoporosis in many people is a broken bone, which often causes severe pain. Common fracture sites are hip, spine, and wrist, and osteoarthritis can cause pain in the joints as well as other symptoms.

## Risk Factors

Osteoporosis can occur in people of all ages but is more common in older adults, especially women. The ribs, hip bones, wrist, and spine are most commonly affected, and those with osteoporosis are at a higher risk of developing other diseases. As bones lose bone density, the person can become noticeably shorter, and a slight fall can lead to loss of bone mass in the joints and other body parts such as the spine. People with arthritis, heart disease, diabetes, high blood pressure, and diabetes have the highest risk of developing osteoporosis. They are also at higher risk of fracture after performing routine activities such as standing and walking. Everyday activities can be complicated by the loss of bone mass in the joints.

# WELCOME NEW PATIENTS

Cal M.

Harold D.

Nolan K.

Gregg F.

Leah W.

Linda M.

Charles W.

Jenny W.

Morgan W.

Robyn H.

Amanda T.

Mason G.



Thank You for  
Your Referrals

**Bryan A.**

**Marla B.**

**Lynda F.**

**Jenny W.**

**Leah W.**

**Michael W.**

**Ally H.**

**Michelle H.**





October

PATIENT OF THE MONTH

Toots A.

We are pleased to name Toots as our patient of the month! She will be awarded a restaurant and HealthyWays Gift Certificate to thank her for being an exemplary patient. Look for your name here in coming months.



Carve out some time for an **adjustment** with us!

[casdelaneclinic.co.uk](http://casdelaneclinic.co.uk)

**WHAT** DID THE  
**THE** SKELETON SAY TO  
**THE CHIROPRACTOR?**  
**YOU CRACK ME UP!**

# OCTOBER PRODUCT OF THE MONTH

# AIRMAXX *only*

- **Supports proper respiratory function**
- **Contains ingredients to maintain histamine levels within normal ranges**
- **Supports healthy balanced immune system function and contains potent antioxidants**
- **Support for itchy eyes, skin and nose**
- **Support for runny or stuffy nose**
- **Support for red, splotchy skin**
- **Support for discomfort associated with respiratory dysfunction or skin irritation**

\$39.95



**NEW Strawberry  
Flavor**



# What Is the Connection between Vitamin K, Calcium and Osteoporosis?

The link between **vitamin K** and **osteoporosis** prevention remains somewhat controversial, yet many researchers believe that vitamin K can help prevent bone fractures in a large number of people. Since vitamin K and **vitamin D** work together for proper bone formation, it is safe to say that vitamin K plays a role in many **bone loss** disorders. More research is still needed, however, on vitamin K and osteoporosis prevention, to determine the full role vitamin K can play in the aging body. Although the use of vitamin K is generally regarded as safe, most doctors recommend individuals with osteoporosis seek additional medical help for any bone problems.

Vitamin K is a macronutrient available in most plant foods, and some of the vitamin K within the body is the result of a fermentation of bacteria. Studies suggest that vitamin K and osteoporosis prevention may be possible in women by decreasing excess activity of osteoclasts. These types of cells help break down bone through a process called demineralization, where bone **nutrients** are removed from bone to be used for other functions in the body. Although osteoclasts are important for proper bone health and formation, the overproduction of these cells may make bones weaker and more prone to fracture.

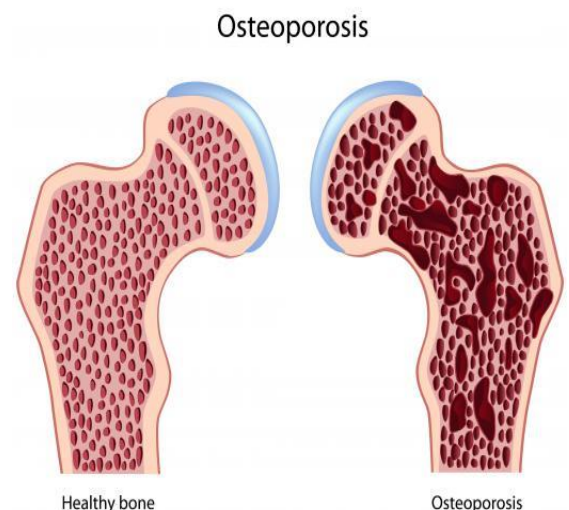


## **Curly endive, which contains vitamin K.**

**Calcium** is regulated by both vitamin K and vitamin D, so both are needed in the body in adequate amounts for a proper bone dynamic. Without vitamin K, calcium cannot fully move into bone and help rebuild and strengthen bone structure. This can present problems with the body over time, as **decalcification** of bone naturally occurs with age. Most research shows that vitamin K is an important factor in regulating osteocalcin cells, as well, which help make bones denser. Although both vitamin K and osteoporosis prevention have been linked through scientific study, most researchers point to balancing a proper diet with bone-building exercise.

## **Vitamin K may help prevent bone fractures and help combat osteoporosis.**

It is suggested that those who receive an adequate amount of vitamin K in their diet are less likely to fracture bones and less likely to develop osteoporosis. Some studies contradict this research, suggesting that because the bone is stronger, doesn't necessarily mean it is denser. Although there is somewhat of a controversy on this end of vitamin K and osteoporosis research, it still remains clear that vitamin K can be helpful with those who are trying to prevent future bone fracture and breakage.



# DO YOU GET YOUR CALCIUM FROM YOUR LOCAL WALMART OR EVEN GNC?



There is a strong chance you are only absorbing a portion of the calcium!

Healthyways' quality calcium supplement has a **95% absorption rate!**

## BUNDLE OF SUPER CAL PLUS & K2 PLUS



**Super K2 Plus is a dietary supplement that supports:**

- Bone structure, density and integrity
- Proper bone remodeling
- Calcium utilization
- Cardiovascular Function

**Super Cal Plus is an advanced bone support formula to help maintain bone strength, function and health.**

# YARDWORK CAN BE A PAIN IN THE BACK

Don't let back pain slow you down!



**HEALTHYWAYS  
WELLNESS  
HAS YOUR BACK**



## SHOCKWAVE THERAPY

**RELIEVES PAIN &  
PROMOTES HEALING  
OF INJURED TENDONS,  
LIGAMENTS, AND  
OTHER SOFT TISSUES  
BY STIMULATING THE  
BODY'S NATURAL  
HEALING PROCESS.**

**COMPLIMENTARY**

**1<sup>ST</sup> TREATMENT**

