

Bones & teeth

Description

To Jesus:

Bones & Teeth

You can save this to a “Health” folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects. Typing in the name of two medications or a medication & an herb in a search bar of most browsers will bring up results with their interaction effects.

Bones

What can hurt:

Flouride

Mercury

Prescription drugs

Milk

Food acidity

NSAIDs like aspirin, ibuprofen, naproxen

Root canals

Pulling a tooth without pulling its ligament

What helps build bones:

Weightlifting

Stairs & weight bearing exercise

Calcium (in food)

Vitamin D3

Vitamin K2

Magnesium, zinc, potassium, boron

Arginine & Lysine

Kale

Diatomaceous earth

Cavities & remineralization

Blis M18

EPA & DHA omega3 fatty acids

Galla Chinensis (Wu Bei Zi, also known as Chinese gall or Chinese sumac)

Falls

Smoking

Spinal stenosis

Hydroxyapatite

Hydroxyapatite is a form of calcium in our bones when used in toothpaste helps remineralize & rebuild enamel, reverse cavities, & stop dentine hypersensitivity. Around the world it is often used in place of brain damaging flouride.

O'Hagan-Wong K, Enax J, Meyer F, Ganss B. The use of hydroxyapatite toothpaste to prevent dental caries. *Odontology*. 2022 Apr;110(2):223-230. doi: 10.1007/s10266-021-00675-4. Epub 2021 Nov 22. PMID: 34807345; PMCID: PMC8930857.

en.wikipedia.org/wiki/Hydroxyapatite

Flouride

Flouride lowers learning & memory in 32 of 34 animal studies and lowers IQ in 43 of 50 human studies. Some studies have found a drop in IQ at levels lower than 1mg/L.

Flouride should be completely avoided in toothpaste, where it is

highly concentrated and used in the mouth where the tongue & gums absorb drugs & chemicals easily. Flouride should be banned as a drinking water additive, also because the form that is added is highly toxic and contaminated. Too much flouride can cause dental & skeletal flourosis, which can be painful & disabling.

<http://fluoridealert.org/studies/brain01/>

Flouride research:

Brain damage

“Over 100 animal studies showing that prolonged exposure to varying levels of fluoride can damage the brain, particularly when coupled with an iodine deficiency, or aluminum excess;

43 human studies linking moderately high fluoride exposures with reduced intelligence;

32 animal studies reporting that mice or rats ingesting fluoride have an impaired capacity to

learn and/or remember;

12 studies (7 human, 5 animal) linking fluoride with neurobehavioral deficits (e.g., impaired visual-spatial organization);

3 human studies linking fluoride exposure with impaired fetal brain development.”

Flouride added to public water supplies appears to significantly increase ADHD & hypothyroidism.

The National Research Council in 2006, the EPA in 2007, and a Team of Harvard researchers in 2012 all have come to the conclusion that flouride is a neurotoxin

and reduces mental function.

<http://fluoridealert.org/issues/health/brain/>

Flouride causes brain damage in children, dropping IQ levels.

<http://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/>

<http://ehp.niehs.nih.gov/1104912/>

Environ Health Perspect; DOI:10.1289/ehp.1104912

Volume 120 | Issue 10 | October 2012

Developmental Fluoride Neurotoxicity: A Systematic Review and Meta-Analysis

Anna L. Choi, 1 Guifan Sun, 2 Ying Zhang, 3 and Philippe Grandjean^{1, 4}

Children in low iodine, low flouride areas had 31% higher scores on the Wexler intelligence tests than children in low iodine, high flouride areas in one Chinese study.

A STUDY OF THE INTELLECTUAL ABILITY OF 8–14 YEAR-OLD

CHILDREN IN HIGH FLUORIDE, LOW IODINE AREAS

Dali Ren, Kecheng Li, Dawei Liu

Chinese Journal of Control of Endemic Diseases 1989;4(4):251.]

Flouridation lowers thyroid function, increasing depression & weight gain.

Are fluoride levels in drinking water associated with hypothyroidism prevalence in England? A

large observational study of GP practice data and fluoride levels in drinking water

S Peckham, D Lowery, S Spencer

J Epidemiol Community Health doi:10.1136/jech-2014-204971

A comparative study of fluoride ingestion levels, serum thyroid

hormone & TSH level
derangements, dental fluorosis status among school children from
endemic and non-endemic
fluorosis areas

Navneet Singh,corresponding author Kanika Gupta
Verma,corresponding author Pradhuman
Verma,corresponding author Gagandeep Kaur Sidhu,corresponding
author and Suresh

Sachdevacorresponding author

Springerplus. 2014; 3: 7.

doi: 10.1186/2193-1801-3-7

PMCID: PMC3890436

http://articles.mercola.com/sites/articles/archive/2015/03/10/water-fluoridation-thyroid-dysfunction.aspx?e_cid=20150322Z1_SNL_B_MV_1&utm_source=snl&utm_medium=mv1&utm_campaign=20150322Z1_SNL_B&et_cid=DM72155&et_rid=

The Lancet Neurology

Volume 13, No. 3, p330–338, March 2014

Neurobehavioural effects of developmental toxicity

Philippe Grandjean et al.

Each 1ppm of flouride in drinking water of women who are pregnant
appears to drop 5-6 IQ

points in their children (US standard is 0.7ppm-4 IQ point drop).

Environ Health Perspect; DOI:10.1289/EHP655

Prenatal Fluoride Exposure and Cognitive Outcomes in Children at
4 and 6–12 Years of Age in
Mexico

Morteza Bashash et al.

Skeletal fluorosis

Fluoride causes dental fluorosis, as well as skeletal fluorosis:

Burning, prickling, and tingling in your limbs

Muscle weakness

Chronic fatigue

Gastrointestinal disorders

Reduced appetite and weight loss

The second clinical stage of skeletal fluorosis is characterized by:

Stiff joints and/or constant pain in your bones; brittle bones; and osteosclerosis

Anemia

Calcification of tendons, or ligaments of ribs and pelvis

Osteoporosis in the long bones

Bony spurs may also appear on your limb bones, especially around your knee, elbow, and on the surface of tibia and ulna

http://articles.mercola.com/sites/articles/archive/2015/05/12/fluoride-overdose.aspx?e_cid=2015

0512Z1_DNL_art_1&utm_source=dnl&utm_medium=email&utm_content=20150512Z1&et_cid=DM74659&et_rid=949402081

Fluoride in drinking water

Tooth decay is the same in countries that don't fluoridate their water (97% of western European

countries) and ones that do. Fluoride in water doesn't help prevent cavities at all, and fluoride in

toothpaste is in highly concentrated form that is considered dangerously toxic if swallowed in

even small amounts and is absorbed easily under our tongue & through our gums. Baking

soda is very effective in cleaning the teeth, and fluoride free

toothpastes use baking soda, neem, and other anticavity substances which aren't neurotoxins. Three types of water filters can lower flouride: reverse osmosis, deionizers (which use ion-exchange resins), and activated alumina.

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http://articles.mercola.com/sites/articles/archive/2015/07/14/water-fluoridation-cavities.aspx?e_cid=20150726Z1_DNL_MS_1&utm_source=dnl&utm_medium=email&utm_campaign=20150726Z1&et_cid=DM80727&et_rid=1049877314
<http://fluoridealert.org/studies/caries01/>

Dental implants

Dental implant failure in one study of 74 patients was four times higher if they were taking an antidepressant.

Association between Antidepressant Use and Implant Failure: A Pilot Study

University at Buffalo, School of Dental Medicine

Selective Serotonin Reuptake Inhibitors and the Risk of Osseointegrated Implant Failure

X. Wu et al.

J Dent Res. 2014 Nov; 93(11): 1054–1061.

doi: 10.1177/0022034514549378

PMCID: PMC4212463 et al.

Mercury

Mercury fillings are toxic and poison the dental workers who deal with them. They release mercury vapor during chewing that gets breathed in by the lungs and poison the body.

<http://www.toxicteeth.org/mercuryfillings.aspx>

A single amalgam filling may release as much as 15 micrograms of mercury per day, and

according to some estimates, 10 micrograms per day is average.

Inorganic mercury attacks the kidneys & gastrointestinal system, methylmercury can be

converted in the body from inorganic mercury, causes central nervous system (CNS) damage,

organic mercury is in fish & thimersol in flu & other vaccines (just in amounts lower than

currently required for listing) damaging the peripheral & CNS.

Organic mercury often in predator fish & thimerisol in vaccines. It harms peripheral nervous

system & central nervous system (CNS).

Elemental mercury comes from fossil fuel emissions, mercury thermometers, fluorescent lights,

dental amalgams and damages the lungs, skin, PNS & CNS. It can cause insomnia, memory

loss, fatigue, irritability, excessive dreaming, and weakness, delirium, hallucination, & seizures.

Mercury fillings are completely unnecessary, and require removal of a lot of tooth to put in and

often cause the tooth to crack with its expansion & contraction. The alternatives are a lot

healthier & cause less tooth damage. The only reason they are still used since both the FDA &

47 countries have called for an end to their implantation is because they are faster to put in.

They cause so much tooth damage the tooth breaks more often than with the other composites,

requiring further & more extensive and expensive dental work.
When getting the mercury amalgams removed make sure your dentist is:

Providing you with an alternative air source and instructing you not to breath through your mouth

Using a cold-water spray to minimize mercury vapors

Putting a rubber dam in your mouth so you don't swallow or inhale any toxins

Using a high-volume evacuator near the tooth at all times to evacuate the mercury vapor

Washing your mouth out immediately after the fillings have been removed (the dentist should also change gloves after the removal)

Immediately cleaning your protective wear and face once the fillings are removed

Using room air purifiers

[http://articles.mercola.com/sites/articles/archive/2012/04/07/dangers-of-mercury-contamination.](http://articles.mercola.com/sites/articles/archive/2012/04/07/dangers-of-mercury-contamination.aspx)

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[http://articles.mercola.com/sites/articles/archive/2015/09/22/mercury-filling-risks.aspx?e_cid=20](http://articles.mercola.com/sites/articles/archive/2015/09/22/mercury-filling-risks.aspx?e_cid=20150922Z1_DNL_art_2&utm_source=dnl&utm_medium=email&utm_content=20150922Z1&et_cid=DM86146&et_rid=1133595131)

[150922Z1_DNL_art_2&utm_source=dnl&utm_medium=email&utm_content=20150922Z1&et_cid=DM86146&et_rid=1133595131](http://articles.mercola.com/sites/articles/archive/2015/09/22/mercury-filling-risks.aspx?e_cid=20150922Z1_DNL_art_2&utm_source=dnl&utm_medium=email&utm_content=20150922Z1&et_cid=DM86146&et_rid=1133595131)

Prescription drugs

Biophosphonates-alendronate (Fosomax), risendronate (Actonel and Atelvia), zoledronic acid (Reclast & Zometa), etidronic acid (Didronel), ibandronic acid (Boniva), pamidronate disodium (Aredia).

Biophosphonates prevent an important part of bone building, so

bones become denser but not stronger. They can cause the jawbone to dissolve and increase thighbone fractures, as can happen with injected Prolia. They appear to nearly double the risk of cancer of the esophagus, cause serious eye inflammation and possible blindness, liver damage, atrial fibrillation, increased risk of ulcers, esophageal cancer, renal failure, skin reactions, and hypocalcemia (blood calcium levels are too low).

Denosumab (Prolia) may also cause serious skin infections ear, urinary tract and heart infection, back pain and pain in the muscles and bones, and elevated cholesterol levels as well as cause disintegration of the jaw and increase thighbone fractures.

BMJ. 2010 Sep 1;341:c4444. doi: 10.1136/bmj.c4444.

Oral bisphosphonates and risk of cancer of oesophagus, stomach, and colorectum: case-control analysis within a UK primary care cohort.

Green J, Czanner G, Reeves G, Watson J, Wise L, Beral V. Bisphosphonates and ocular inflammation.

Fraunfelder FW, Fraunfelder FT.

10.1056/NEJM200303203481225

New England Journal Medicine March 20, 2003;348(12):1187-8

Bisphosphonates and Fractures of the Subtrochanteric or Diaphyseal Femur

Dennis M. Black, Ph.D., Michael P. Kelly, M.D., Harry K. Genant, M.D., Lisa Palermo, M.A.,

Richard Eastell, M.D., Christina Bucci-Rechtweg, M.D., Jane Cauley, Ph.D., Ping Chung Leung,

M.D., Steven Boonen, M.D., Ph.D., Arthur Santora, M.D., Anne de

Papp, M.D., and Douglas C.

Bauer, M.D., for the Fracture Intervention Trial and HORIZON
Pivotal Fracture Trial Steering
Committees

N Engl J Med 2010; 362:1761-1771 May 13, 2010 DOI:
10.1056/NEJMoa1001086

<http://articles.mercola.com/sites/articles/archive/2010/01/28/Did-Merck-Trick-You-Into-Buying-Fosamax-With-an-Imaginary-Disease.aspx>

Calcium supplementation (especially in milk)

Taking calcium supplements (especially in milk) instead of getting it
in food like dark leafy
greens appears to cause brain lesions, strokes, and heart disease
and heart attack deaths.

Advertising to the contrary aside, dairy is the most acidic food
commonly ingested and prompts

the body to release calcium into the blood in order to balance its
PH. Supplemental calcium not

only appears to cause brain lesions, strokes, kidney stones & heart
deaths but does not appear

to reduce osteoporosis as documented in multiple studies. Only
calcium from foods (only

500mg at most appears to be needed) appears to do that, likely
because food supplied calcium

often comes with other elements essential for calcium absorption &
bone building: dark leafy

greens have calcium, magnesium & zinc, all essential; and natto
(fermented soy) has calcium,

magnesium, zinc and vitamin K2- essential for bone building.

Soaking beans & rice before cooking and cooking all foods with a

pressure cooker helps
prevent phytic acid from reducing calcium absorption from foods.
Pressure cooking also stops
lectins and retains 90% of vitamins (slow cooking retains only 40%)
as long as the liquid is
reused.

Soft drinks can have phosphorus which decreases calcium
absorption as well. PPIs & H2
blockers used for reflux/GERD appear to decrease calcium (&
increase mortality & a host of
diseases).

Calcium intake and bone mineral density: systematic review and
meta-analysis

BMJ 2015;351:h4183 <https://doi.org/10.1136/bmj.h4183> (Published
29 September 2015)

Br J Nutr. 2014 Jul 28;112(2):220-7. doi:
10.1017/S0007114514000828. Epub 2014 Apr 30.

Elevated brain lesion volumes in older adults who use calcium
supplements: a cross-sectional
clinical observational study.

Payne ME et al.

Nutrients. 2013 Jun 18;5(6):2192-205. doi: 10.3390/nu5062192.

Serum ionized calcium may be related to white matter lesion
volumes in older adults: a pilot
study.

Payne ME et al.

BMJ. 2010 Jul 29;341:c3691. doi: 10.1136/bmj.c3691.

Effect of calcium supplements on risk of myocardial infarction and
cardiovascular events:
meta-analysis.

Bolland MJ et al.

BMJ. 2011 Apr 19;342:d2040. doi: 10.1136/bmj.d2040.

Calcium supplements with or without vitamin D and risk of cardiovascular events: reanalysis of the Women's Health Initiative limited access dataset and meta-analysis.

Bolland MJ et al.

<https://www.sott.net/article/303360-Want-strong-bones-Avoid-dairy-products-and-calcium-supplements>

Milk

Milk is one of the worst sources of calcium because it's high acidity and possibly galactose sugars increase bone fractures and mortality. In the largest & longest study on milk and osteoporosis, over 100,000 people followed for over 20 years found the more milk drank, the

more frequent bone fractures and the earlier people died.

Milk intake and risk of mortality and fractures in women and men: cohort studies

BMJ 2014; 349 doi: <http://dx.doi.org/10.1136/bmj.g6015>

BMJ 2014;349:g6015

Karl Michaëlsson et al.

<http://www.bmj.com/content/349/bmj.g6015>

Calcium absorbtion

64% of the calcium in brussels sprouts is calcium absorbable; 58% mustard greens; 53%

broccoli; 52% turnip greens; 50% kale; but only 32% of cow's milk

day increases the risk of osteoporosis.

Meat eaters have more than double the osteoporosis of vegetarians, who still consume milk & fish. Vegans have the lowest rate of osteoporosis, who don't eat meat, fish, or drink milk.

Food acidity

Acidic foods:

Spaghetti

Corn flakes

White rice

Rye bread

White bread

Whole milk

Lentils

Beef

Pork

default watermark

The foods with the greatest acidity:

Parmesan cheese

Processed (soft) cheeses

Hard cheeses

Gouda cheese

Cottage cheese

Brown rice

Rolled oats

Whole wheat bread

Peanuts

Walnuts

Salami

Luncheon meat

Liver sausage

Chicken

Cod

Herring

Trout

Eggs

Alkaline foods:

Apricots

Kiwifruit

Cherries

Bananas

Strawberries

Peaches

Oranges

Lemon juice

Pears

Pineapple

Peaches

Apples

Watermelon

Celery

Carrots

Zucchini

Cauliflower

Broccoli

Green peppers

Tomatoes

Eggplant

Lettuce

default watermark

Green beans
Onions
Mushrooms
Mineral water

The foods with the greatest alkalinity:

Spinach
Wheatgrass

Barleygrass
Sprouts
Cucumber
Summary

We can eat alkaline foods, especially those with the greatest alkalinity. We can avoid acidic foods, especially those with the greatest acidity. We can get calcium from leafy greens like kale, avoid calcium from milk. Even the greatest calcium supplementation can't make up for eating too much highly acidic protein.

Robbins, J 1987, Diet for a new America. HJ Kramer & New World Library, California

<http://foodmatters.tv/articles-1/the-truth-about-calcium-and-osteoporosis>

Milk and obesity, cancer, and diabetes

Cows in the USA are allowed to get recombinant growth hormone, which produces milk with

higher insulin-like growth factor (IGF-1) that can increase cancer, diabetes, and obesity. It also

stimulates an increase in our own body's IGF-1 levels. Cow's milk is

also intended to turn a small calf into a 300+ lb cow, even without the growth hormone & IGF-1. Cow's milk can trigger an allergic reaction, and because the chemical trigger is similar to cells that regulate our immune system, their death can cause a chain reaction that kills our insulin producing cells and trigger type 1 diabetes.

Removal of Bovine Insulin From Cow's Milk Formula and Early Initiation of Beta-Cell

Autoimmunity in the FINDIA Pilot Study.

Vaarala O et al.

Arch Pediatr Adolesc Med. 2012 Jul 1;166(7):608-14. doi: 10.1001/archpediatrics.2011.1559.

Relation of Time of Introduction of Cow Milk Protein to an Infant and Risk of Type-1 Diabetes Mellitus

Marcia F. Goldfarb

J, Proteome Res., 2008, 7 (5), pp 2165–2167

DOI: 10.1021/pr800041d

Gone off

Linda Geddes

New Scientist

Volume 227, Issue 3031, 25 July 2015, Pages 33–37

Type 1 Diabetes Causes

What leads to the development of type 1 diabetes?

Daphne E. Smith-Marsh PharmD, CDE | Reviewed by W. Patrick Zeller MD

endocrineweb

<http://www.endocrineweb.com/conditions/type-1-diabetes/type-1->

diabetes-causes

The beta-casein A1 protein variant of cow's milk may contribute to increased risk of diabetes

type 1.

Diabetologia. 1999 Mar;42(3):292-6. PMID: 10096780

The consumption of cow milk A1 beta-casein is associated with increased risk of ischaemic

heart disease and type 1 diabetes.

N Z Med J. 2003 Jan 24;116(1168):U295. Epub 2003 Jan 24. PMID: 12601419

Cow's milk protein antibodies are a risk factor for childhood insulin-dependent diabetes mellitus.

Diabetologia. 1998 Jan;41(1):72-8. PMID: 9498633

Insulin-free whey-based cow's milk formula is associated with lower incidence of beta cell

autoimmunity in infants and young children

Arch Pediatr Adolesc Med. 2012 Mar 5. Epub 2012 Mar 5. PMID: 22393174

Lower consumption of cow milk protein A1 beta-casein at 2 years of age, rather than

consumption among 11- to 14-year-old adolescents, may explain the lower incidence of type 1

diabetes in Iceland than in Scandinavia.

Ann Nutr Metab. 2006;50(3):177-83. Epub 2006 Jan 10. PMID: 16407643

<http://www.greenmedinfo.com/toxic-ingredient/cow-milk>

Environmental and genetic factors could both be responsible for type 1 diabetes

Fri, 01 Oct 2010

<http://www.diabetes.co.uk/news/2010/Oct/environmental-and->

genetic-factors-could-both-be-resp
onsible-for-type-1-diabetes-91391653.html

Root canals

The biggest hidden killer in dentistry are root canals & pulling a tooth without pulling the ligament. Both leave dead, rotting tissue that fills the brain & body with infection. The periodontal bacteria are found in large amount in the brains of people who die of early onset Alzheimer's, many cancers (like pancreatic), & heart attacks where there were no clogged arteries or emotional event trigger.

The best dentists now use ozone and/or molecular elemental iodine to kill all the tooth & gum infection & red lasers to regrow the tooth to fill in the cavity.

<https://www.wrigleyvilledental.com/>

[Find a Holistic Dentist](#)

Look for dentists who don't use amalgams (mercury) or flouride (kills neurons, drops IQ by over 10 points).

PS- elemental molecular iodine like lorinse has made every person I know's tooth pain to go away for good the first day. We use a bit in our mouth then brush our gums (lightly) then our teeth & it stops the

periodontal/gum disease infection as well after a week of usage.

Pessi T, Karhunen V, Karjalainen PP, Ylitalo A, Airaksinen JK, Niemi M, Pietila M, Lounatmaa K, Haapaniemi T, Lehtimäki T, Laaksonen R, Karhunen PJ, Mikkelsen J. Bacterial signatures in thrombus aspirates of patients with myocardial infarction. *Circulation*. 2013 Mar 19;127(11):1219-28, e1-6. doi: 10.1161/CIRCULATIONAHA.112.001254. Epub 2013 Feb 15. PMID: 23418311.

Pasqualini D, Bergandi L, Palumbo L, Borraccino A, Dambra V, Alovise M, Migliaretti G, Ferraro G, Ghigo D, Bergerone S, Scotti N, Aimetti M, Berutti E. Association among oral health, apical periodontitis, CD14 polymorphisms, and coronary heart disease in middle-aged adults. *J Endod*. 2012 Dec;38(12):1570-7. doi: 10.1016/j.joen.2012.08.013. Epub 2012 Oct 12. PMID: 23146639.

Willershausen I, Weyer V, Peter M, Weichert C, Kasaj A, Münzel T, Willershausen B. Association between chronic periodontal and apical inflammation and acute myocardial infarction. *Odontology*. 2014 Jul;102(2):297-302. doi: 10.1007/s10266-013-0112-7. Epub 2013 Apr 21. PMID: 23604464.

Issels, J. (2005) Cancer: A Second Opinion. Garden City Park, NY: Square One Publishers, Inc. (http://www.amazon.com/Cancer-Second-Opinion-Josef-Issels/dp/075700279X/ref=sr_1_1?ie=UTF8&qid=1372861367&sr=8-1&keywords=josef+issels)

Kulacz, R. and T. Levy (2002) The Roots of Disease. Connecting Dentistry and Medicine. Philadelphia, PA: Xlibris Corporation (<http://bookstore.xlibris.com/Products/SKU-0014557002/The-Roots-of-Disease.aspx>)

<https://www.peakenergy.com/articles/nh20130709/Root-canals-are-a-primary-cause-of-chronic-disease>

<https://www.peakenergy.com/articles/nh20130727/Calcium-the-Toxic-Supplement>

What may help build bones:

Weight bearing exercise

Lifting weights can help build bone better than aerobic exercise. It is always good to start at the lowest weight setting, even if your muscles could start with much higher weight. It's not just the muscles, but the ligaments, tendons, & bones that need to adjust to weightlifting. Starting at zero/10lbs the first time, then increasing just to the next weight the next time should help prevent injury. Dynamic stretching also helps, doing a zero weight version of each lift for 10 reps before putting the weight on & doing the full weight lifts.

Stairs

The exercise that predicts longevity the best is how many stairs taken daily on average. It build muscle and bone right where they body needs it- to protect the hips. Using hand railings actually helps because it keeps balance & allows people to go up faster & safer. Using a stepper (right in front of a wall or dresser for balance) right after eating a meal or fruit (when having the most energy) may help build bone fastest, and many have hand straps for arm workouts at the same time.

https://www.amazon.com/Sunny-Health-Fitness-Stepper-Resistance/dp/B0016BQFSS/ref=sr_1_3?ie=UTF8&qid=1513778429&sr=8-3&keywords=stepper

Calcium alone vs in combination

Extra calcium taken without vitamin D3, vitamin K2, magnesium, potassium, zinc, and boron

appears to cause heart attacks and increase mortality. When calcium is taken in high amounts

or without vitamin D3, calcium, magnesium, potassium, zinc, vitamin K2, and boron, it goes to &

hardens the arteries & causes early death. Magnesium itself is essential for bone density.

“Around the world the higher the calcium intake the higher the heart disease and death.

Swedish researchers who tracked more than 61,000 women for 19 years found that

calcium-supplement takers who got at least 1,400 milligrams of calcium a day (from food and calcium supplements) were 2 1/2 times more likely to die than calcium-supplement takers who got 600 to 1,000 mg a day.”

“German researchers who followed nearly 24,000 men and women for 11 years found that those

who took calcium supplements had roughly double the risk of a heart attack of those who didn’t

take calcium supplements. (However, less than 4 percent of the participants reported taking

calcium, and the study didn’t report how much they took.)”

Nutrition Action Health Letter. Apr2013, Vol. 40 Issue 3, p8-8. 1p. 1
Black and White

Photograph. DOI: 10.1038/ijo.2012.229.

BMJ 2013. doi:10.1136/bmj.f228. Heart 98: 920, 2012.

JAMA Intern. Med. doi:10.1001/jamainternmed.2013.3283.

Vitamin D3

Vitamin D3 taken with a meal or vegetable oil (fat soluble) is shown to reduce falls and bone breakage when taken with calcium, zinc, magnesium (found in leafy greens like kale), and vitamin K2. Taking 4000-5000 IU of vitamin D3 may also prevent 90% of viral infections, 70% of cancers, 50% of heart disease and over 90% of Alzheimer's.

Vitamin K2

Vitamin K2 appears to help direct calcium away from the arteries & to the bones. Many studies show that taking calcium supplements without taking vitamin D3 & vitamin K2 concentrates the calcium in the arteries, where they harden and increase heart attacks and early death. Only taken with vitamin D3 & vitamin K2 does calcium appear to build bone instead of calcify the arteries, especially if taken with magnesium, potassium, zinc, & boron as well. Calcium supplements may be far more dangerous than getting calcium from leafy greens like organic kale (nonorganic appears to have high herbicide, pesticide, &/or fungicide residue) that also have the needed magnesium, potassium, and zinc to make bone more flexible and less likely to break.

Natto, a fermented form of soy, has both calcium and vitamin K2 in the longer lasting MK7 form (available in supplements like in the Solgar brand as well) that

appears to be effective in building bone, preventing tooth decay, and preventing calcification (arteries, kidney stones, bone spurs).

The MK4 form has been shown to reduce fractures up to 87%.

Vitamin K2 may also reduce rheumatoid arthritis, cancer deaths by 30%, diabetes, androgens in POC, pneumonia, dementia, and increasing fertility & testosterone in men & protects ATP production & mitochondrial activity (like for people with Parkinson's). Statins & broad spectrum antibiotics can deplete vitamin K2. Vitamin K2 may interfere with warfarin.

Organic natto (nonorganic is GMO & Roundup/glyphosate riddled) has the most vitamin k2, 1/8th ts a day on an empty stomach is much cheaper than supplements. Nattokinase is in natto & appears to help break up blood clots, reverse heart disease & hypertension & works as an anti-inflammatory to increase stem cell healing of all cellular damage.

<https://www.mskcc.org/cancer-care/integrative-medicine/herbs/nattokinase>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5372539/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6043915/>

<https://articles.mercola.com/sites/articles/archive/2017/11/13/vitamin-k2-for-heart-bone-health.as>

px

<https://nbihealth.com/mk7-hip-fractures/>

Apoptosis induction of vitamin K2 in lung carcinoma cell lines: the possibility of vitamin K2 therapy for lung cancer.

Yoshida T, Miyazawa K, Kasuga I, Yokoyama T, Minemura K, Ustumi K, Aoshima M, Ohyashiki K.

Int J Oncol. 2003 Sep;23(3):627-32.

Dietary intake of vitamin K and risk of prostate cancer in the Heidelberg cohort of the European Prospective Investigation into Cancer and Nutrition (EPIC-Heidelberg)1,2,3

Katharina Nimptsch, Sabine Rohrmann, and Jakob Linseisen
Am J Clin Nutr April 2008
vol. 87 no. 4 985-992

Altern Med Rev. 2003 Aug;8(3):303-18.

The anticancer effects of vitamin K.

Lamson DW, Plaza SM.

Abdel-rahman MS, Alkady EA, Ahmed S. Menaquinone-7 as a novel pharmacological therapy in

the treatment of rheumatoid arthritis: A clinical study. Eur J

Pharmacol. 2015 Aug

15;761:273-27.8

http://articles.mercola.com/sites/articles/archive/2015/10/05/benefits-vitamin-k2.aspx?e_cid=20151005Z1_DNL_art_1&utm_source=dnl&utm_medium=email&utm_campaign=20151005Z1&et_cid=DM87179&et_rid=1155121425#_edn5

51005Z1_DNL_art_1&utm_source=dnl&utm_medium=email&utm_campaign=20151005Z1&et_cid=DM87179&et_rid=1155121425#_edn5

Arginine and Lysine

Arginine & lysine are amino acids found in supplement form that

both help wound & bone healing. Arginine & arginine containing foods (like nuts) should be avoided during a cold sore or shingles outbreak. Lysine used internally & especially topically quickly heals cold sores & shingles outbreaks.

Medical Hypotheses Volume 43, Issue 5, November 1994, Pages 339–342

Arginine supplementation in the prevention and treatment of osteoporosis

J.J. Visser, K. Hoekman

Biomedicine & Pharmacotherapy

Volume 55, Issue 4, May 2001, Pages 213–220

Original article

Effect of L-lysine and L-arginine on primary osteoblast cultures from normal and osteopenic rats

M Fini, P Torricelli, G Giavaresi, A Carpi, A Nicolini, R Giardino

Biomedicine & Pharmacotherapy

Volume 56, Issue 10, December 2002, Pages 492–497

Dossier: Free amino acids in human health and pathologies

L-Arginine and L-Lysine stimulation on cultured human osteoblasts

P. Torricellia, M. Finia, G. Giavaresia, R. Giardino, S. Gnudi, A.

Nicolini, A. Carpi

Journal of Bone and Mineral Metabolism

March 2005, Volume 23, Issue 2, pp 134-139

Supplementation of l-arginine prevents glucocorticoid-induced reduction of bone growth and

bone turnover abnormalities in a growing rat model

Pietra Pennisi, Maria Antonia D'Alcamo, Concetta Leonetti, Anna Clementi, Vincenza Maria

Cutuli, Stefania Riccobene, Natalia Parisi, Carmelo Erio Fiore

Dietary L-lysine and calcium metabolism in humans.

(PMID:1486246)

Civitelli R, Villareal DT, Agnusdei D, Nardi P, Avioli LV, Gennari C
Institute of Medical Pathology, University of Siena, Italy.

Nutrition (Burbank, Los Angeles County, Calif.) [1992, 8(6):400-405]

Flaxseeds & fermented soy

Organic freshly ground flaxseeds & fermented soy (the healthiest version) may also help bone strength.

Dr. Richard Becker & Cindy Becker, "Your Health",

Prunes

Eating prunes may help increase bone density.

Kale

Kale has vitamin K, which helps blood clotting but is different than vitamin K2. Organic kale is high in almost everything else- magnesium, zinc, calcium and is also high in potassium, which reduces brittle bones & fractures, & reduces the loss of calcium. The foods that have boron are almonds, walnuts, avocados, broccoli, potatoes, pears, prunes, honey, oranges, onions, chick peas, carrots, beans, bananas, red grapes, red apples, chickpeas, and raisins.

Diatomaceous earth

Diatomaceous earth may help build bone & strengthen ligaments & joints.

Iorinse iodine

Iorinse iodine & another brand have taken the types of iodine out that aren't useful & stain the teeth & affect the thyroid. It is so safe it is used by over 2/3rds of dentists at 500x stronger than regular iodine as a mouth rinse for each patient to prevent disease transmission, brushed on gums to stop periodontal disease infection, & on teeth to immediately stop cavity symptoms & pain.

Cavities & remineralization

Taking vitamin D3, calcium, magnesium, potassium, zinc, vitamin K2, boron, lysine & arginine (see below) can help to remineralize teeth that are forming cavities, especially when avoiding/minimizing acidic proteins like in meat and milk. Brushing teeth with baking soda, neem, and other abrasives helps to prevent cavities.

Calcium and fracture risk

Jeri W Nieves and Robert Lindsay

Am J Clin Nutr December 2007

vol. 86 no. 6 1579-1580

BMJ-British Medical Journal. "Study adds weight to link between calcium supplements and heart

problems." ScienceDaily. ScienceDaily, 23 April 2011

Mod Rheumatol. 2013 Sep;23(5):1001-7. doi: 10.1007/s10165-012-0789-4. Epub 2012 Nov 6.

Vitamin K2 administration is associated with decreased disease activity in patients with

rheumatoid arthritis.

Ebina K1, Shi K, Hirao M, Kaneshiro S, Morimoto T, Koizumi K, Yoshikawa H, Hashimoto J.

Nutr Metab Cardiovasc Dis. 2009 Sep;19(7):504-10. doi: 10.1016/j.numecd.2008.10.004. Epub 2009 Jan 28.

A high menaquinone intake reduces the incidence of coronary heart disease.

Gast0 GC1, de Roos NM, Sluijs I, Bots ML, Beulens JW, Geleijnse JM, Witteman JC, Grobbee DE, Peeters PH, van der Schouw YT.

The effect of supplementation with alkaline potassium salts on bone metabolism: a meta-analysis

H. Lambert, L. Frassetto, J. B. Moore, D. Torgerson, R. Gannon, P. Burckhardt, S. Lanham-New
Osteoporosis International

April 2015, Volume 26, Issue 4, pp 1311-1318

Abdel-Rahman MS, Alkady EA, Ahmed S. Menaquinone-7 as a novel pharmacological therapy in the treatment of rheumatoid arthritis: A clinical study. Eur J Pharmacol. 2015 Jun 11;761:273-278.

Knapen MH, Drummen NE, Smit E, Vermeer C, Theuwissen E. Three-year low-dose menaquinone-7 supplementation helps decrease bone loss in healthy postmenopausal women.

Osteoporos Int. 2013 Mar 23. [Epub ahead of print]. DOI 10.1007/s00198-013-2325-6

<http://articles.mercola.com/sites/articles/archive/2012/01/30/calcium->

supplement-on-heart-attack

.aspx<http://www.mayoclinic.org/diseases-conditions/heart-attack/expert-answers/calcium-supplements/faq-20058352>

<http://articles.mercola.com/sites/articles/archive/2013/10/19/vitamin-d-vitamin-k2.aspx>

<http://www.nattopharma.com/new-study-shows-evidence-that-menaq7-positively-impacts-inflammation.html>

<http://articles.mercola.com/sites/articles/archive/2012/01/30/calcium-supplement-on-heart-attack>

.aspx<http://www.mayoclinic.org/diseases-conditions/heart-attack/expert-answers/calcium-supplements/faq-20058352>

Silver Diamine Flouride (SDF)

SDF appears to kill 80% of cavities and remineralizes teeth. It only costs \$30 and permanently reverses over 80% of cavities by killing the bacteria & remineralizing the surfaces. It is available from dentists who carry it, & possibly online.

Online:

<http://www.elevateoralcare.com/dentist/AdvantageArrest>

Kulnipa Punyanirun, Thanida Yospiboonwong, Thansinee Kunapinun, Panida Thanyasrisung, Chutima Trairatvorakul,

Silver diamine fluoride remineralized artificial incipient caries in permanent teeth after bacterial

pH-cycling in-vitro, Journal of Dentistry, Volume 69, 2018, Pages 55-59, ISSN 0300-5712,

<https://doi.org/10.1016/j.jdent.2017.09.005>.

(<http://www.sciencedirect.com/science/article/pii/S0300571217302191>)

Efficacy test of a toothpaste in reducing extrinsic dental stain

A Agustanti et al 2017 J. Phys.: Conf. Ser. 884 012135

Toothpastes/mouthwashes

Here are three toothpastes/mouthwashes that are supposed to remineralize teeth &

permanently reverse cavities, like with hydroxyapatite, used by dentists for teeth remineralization.

medicalnewstoday.com/articles/hydroxyapatite-bone#Summary

<https://www.amazon.com/Biorepair-Protective-Toothpaste-microRepair-Italian/dp/B00WQ1BZU0>

[/ref=pd_lpo_vtph_194_tr_t_2?_encoding=UTF8&psc=1&refRID=TCM9dpID=51oWKSyNprL&preST=_SX300_QL70_&dpSrc=detail](https://www.amazon.com/Biorepair-Protective-Toothpaste-microRepair-Italian/dp/B00WQ1BZU0/ref=pd_lpo_vtph_194_tr_t_2?_encoding=UTF8&psc=1&refRID=TCM9dpID=51oWKSyNprL&preST=_SX300_QL70_&dpSrc=detail)

<https://www.amazon.com/Uncle-Harrys-Remineralization-Liquid-Enamel/dp/B009JITV9U/ref=pd>

[_sbs_121_4?_encoding=UTF8&pd_rd_i=B009JITV9U&pd_rd_r=NEDSPd_rd_w=45PxX&pd_rd_wg=ufQw1&psc=1&refRID=NEDSR520W5P2](https://www.amazon.com/Uncle-Harrys-Remineralization-Liquid-Enamel/dp/B009JITV9U/ref=pd_sbs_121_4?_encoding=UTF8&pd_rd_i=B009JITV9U&pd_rd_r=NEDSPd_rd_w=45PxX&pd_rd_wg=ufQw1&psc=1&refRID=NEDSR520W5P2)

<https://www.amazon.com/Apagard-Premio-toothpaste->

nanohydroxyapatite-remineralizing/dp/B0016GCZSC/ref=pd_sbs_121_2?_encoding=UTF8&pd_rd_i=B0016GCZSC&pd_rd_w=45PxX&pd_rd_wg=ufQw1&psc=1&refRID=09BB7

Colloidal silver

Here are three toothpastes that have colloidal silver to help kill cavities.

https://www.amazon.com/SilverBiotics-Oral-Care-Tooth-Glacial/dp/B00JKAD0MQ/ref=sr_1_1_a__it?ie=UTF8&qid=1522609119&sr=8-1&keywords=silver%2Bdiamine%2Bfluoride&th=1

https://www.healthyplanetshopping.com/index/page/product/product_id=ver+Toothpaste+Gel?gclid=Cj0KCQjwhoLWBRD9ARIsADIRaxTRVKWMYwmECGIGfpL1aHHbal4XvIW8gaAliDEALw_wcB

https://www.healthyplanetshopping.com/index/page/product/product_id=ver+Biotics+SilverSol+Tooth+Gel?gclid=Cj0KCQjwhoLWBRD9ARIsADIRaxTRVKWMYwmECGIGfpL1aHHbal4XvIW8gaAliDEALw_wcB

Blis M18 probiotic

Blis M18 is a mouth probiotic that in one study found significant improvements in plaque index, gingival index, modified sulcular bleeding index, and probing pocket depth over the control group.

Unlike stomach probiotics, with mouth probiotics a half glass of water is drank BEFORE chewing the mouth probiotic then nothing for at least a half hour to let the probiotic spread in the mouth.

L Scariya et al., "Probiotics in periodontal therapy," International

Journal of Pharma and
Bio Sciences, vol. 6, no. 1 (January 2015): 242-250.

EPA & DHA omega3 fatty acids

EPA & DHA omega3 fatty acids come from the algae spirulina, either directly (with a vegetable), in supplement form, or in fish oil (the fish that eat spirulina). They appear to significantly reduce periodontitis in a couple studies as well as improve concentration, mood, heart function & inflammation.

Naqvi AZ et al. "Docosahexaenoic acid and periodontitis in adults: a randomized controlled trial." Journal of Dental Research, vol. 93, no. 8 (June 2014); 767-773.

Deore GD et al. "Omega 3 fatty acids as a host modulator in chronic periodontitis patients: a randomised, doubled-blind, placebo-controlled, clinical trial." Journal of Periodontal & Implant Science, vol. 44, no. 1 (February 2014): 25-32.

Cranberry powder & d-mannose

Brushing teeth with cranberry powder may significantly reduce cavities, as the powder may carry away bacteria. D-mannose is the undigested sugar in cranberries that helps to treat most UTIs & may be effective in reducing cavities as well.

Galla Chinensis (Wu Bei Zi, also known as Chinese gall or Chinese sumac)

Galla chinensis appears to help prevent tooth decay by

remineralization, acid protection, &
antibacterial activity.

Comparison of Composition and Anticaries Effect of Galla Chinensis
Extracts with Different

Isolation Methods

Xuelian Huang et al.

The Open Dentistry Journal

ISSN: 1874-2106 ? Volume 12, 2018

Falls

Vitamin D3 reduces falls & broken bones. Daily walking up stairs,
preferably with using two
handrails (improves safety & workout), may reduce falls & increase
longevity more than any
other intervention.

The Effect of Vitamin D on Falls: A Systematic Review and Meta-
Analysis

Mohammad Hassan Murad, Khalid B. Elamin, Nisrin O. Abu Elnour,
Mohamed B. Elamin, Aziz

A. Alkatib, Mitra M. Fatourechi, Jaime P. Almandoz, Rebecca J.
Mullan, Melanie A. Lane, Hau

Liu, Patricia J. Erwin, Donald D. Hensrud, and Victor M. Montori

The Journal of Clinical Endocrinology & Metabolism Volume 96,
Issue 10

DOI: <http://dx.doi.org/10.1210/jc.2011-1193>

Smoking

Avoiding smoking is essential for bone health & bone repair.

Osteoporosis International

February 2005, Volume 16, Issue 2, pp 155-162

Date: 03 Jun 2004

Smoking and fracture risk: a meta-analysis

J. A. Kanis, O. Johnell, A. Oden, H. Johansson, C. De Laet, J. A. Eisman, S. Fujiwara, H.

Kroger, E. V. McCloskey, D. Mellstrom, L. J. Melton, H. Pols, J. Reeve, A. Silman, A.

Tenenhouse

K A Hollenbach, E Barrett-Connor, S L Edelstein, and T Holbrook.

Cigarette smoking and bone

mineral density in older men and women. American Journal of Public Health September 1993:

Vol. 83, No. 9, pp. 1265-1270.

doi: 10.2105/AJPH.83.9.1265

Cigarette smoking and bone mineral density in older men and women.

K A Hollenbach, E Barrett-Connor, S L Edelstein, and T Holbrook
Osteoporosis of the Slender Smoker

Vertebral Compression Fractures and Loss of Metacarpal Cortex in Relation to Postmenopausal

Cigarette Smoking and Lack of Obesity

Harry W. Daniell, MD

Arch Intern Med. 1976;136(3):298-304.

doi:10.1001/archinte.1976.03630030032007.

Spinal stenosis

PT might be a reasonable initial option for patients with symptomatic lumbar spinal stenosis who

are being considered for surgery. For patients who do undergo surgery, microdecompression

might be a better option than open laminectomy. Fish oil 2gm/day or

spirulina taken with a meal
with a vegetable may reduce pain by 60%. Topical magnesium &
topical boswellia & ginger
may help.

Delitto A et al. Surgery versus nonsurgical treatment of lumbar
spinal stenosis: A randomized
trial. Ann Intern Med 2015 Apr 7; 162:465.

(<http://dx.doi.org/10.7326/M14-1420>)

Nerland US et al. Minimally invasive decompression versus open
laminectomy for central
stenosis of the lumbar spine: Pragmatic comparative effectiveness
study. BMJ 2015 Apr 1;

350:h1603. (<http://dx.doi.org/10.1136/bmj.h1603>)

Sciatica

Anti-inflammatories & sciatica

Anti-inflammatories

Taking the anti-inflammatories alpha or R lipoic acid (high doses can
work immediately & completely), turmeric w/a little black pepper,
ginger,

astaxanthin, resveratrol, PEA, boswellia, bromelain, papain, MSM,
nigella sativa and/or cat's
claw may help sciatica.

Alpha lipoic acid can work within an hour to help.

Ginkgo biloba

Ginkgo biloba (standardized extract only) in a study in the Journal of
Anesthesia on animal
models of ruptured disk with nerve entrapment stopped the nerve
pain of sciatica.

Jamaican dogwood & sciatica

Jamaican dogwood may help insomnia, migraines, severe nerve pain, cough, anxiety, painful menstruation/cramps, violent toothaches. For sciatica it may be best taken before bedtime.

Arnica & dms0 for sciatica

Arnica used topically with or right after dms0 may help sciatic pain.

Ankle fracture

Seniors who got a tight fitting cast to immobilize the ankle after a fracture in one study had equal function & pain to those who got surgery, which carries infection risk & healing difficulties in seniors.

JAMA 3/27/18

EAER electrically accelerated and enhanced remineralization

kcl.ac.uk kings college london

pushes minerals in, takes as long but substitute for drilling & filling

bio dentistry

stuart nunnally

iabdm.o

iaomt.o

mymagicmudd.com

smoking teeth, poison gas

uninformed consent:

mercury-free, biological dentist:

Consumers for Dental Choice

Dental Amalgam Mercury Solutions(DAMS). E-mail them at:

dams@usfamily.net or call
651-644-4572 for an information packet
Holistic Dental Association
Huggins Applied Healing
International Academy of Biological Dentistry & Medicine (IABDM)
International Academy of Oral Medicine and Toxicology (IAOMT)
International Association of Mercury Safe Dentists
Talk International

Tooth enamel

Avoid:

Swimming in chlorine pools frequently- tooth enamel erosion
American Journal of Dentistry,
Journal of the Canadian Dental Association
Swishing wine, especially white & fizzy, allows acid to cause erosion
Chewing ice
Dried fruit (acidity)
Tea & coffee
Hot water & lemon
Brushing with hard bristles or too hard on teeth or gums
Tongue or lip piercings
Teeth as tools

http://www.naturalnews.com/054044_tooth_damage_simple_mistakes

New toothpaste fills cavities

<http://www.naturalnews.com/2016-12-07-new-toothpaste-formula-said-to-be-able-to-fix-cracked-teeth-restore-tooth-enamel.html>

3Mouthwashes daily and Dentures Linked to Increased Risk of Oral Cancer

Dental care

discount plans- yearly fee dentalplans.com 888-632-5353

medicare advantage medicare.gov/find-a-plan

college/university

dental hygiene programs

ada.org/dental schools

vets can get insurance through VA

astdd.org/state-programs for low income

ebusiness.ada.org/mystate.aspx

877-464-4772

findahealthcenter.hrsa.gov

nafcclinics.org

703-647-7427

elderly & disability

888-471-6334

dentallifeline.org

865-579-1530 ramusa.org

indian health service ihs.gov

EAER electrically accelerated and enhanced remineralization

kcl.ac.uk kings college london

pushes minerals in, takes as long but sub for drilling & filling

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Stuart Nunnally

iabdm.org

iaomt.org

mymagicmudd.com

smoking teeth, poison gas

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Talk International

Tooth enamel

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Swimming in chlorine pools frequently- tooth enamel erosion

American Journal of Dentistry,

Journal of the Canadian Dental Association

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Brushing with hard bristles or too hard on teeth or gums

Tounge or lip piercings

Teeth as tools

http://www.naturalnews.com/054044_tooth_damage_simple_mistakes

New toothpaste fills cavities

<http://www.naturalnews.com/2016-12-07-new-toothpaste-formula>

said-to-be-able-to-fix-cracked-teeth-restore-tooth-enamel.html

nonfda approved
calcitriol
genistein

Spinal surgery ACDF

Since a 4567 ACDF is the most severe, all of the highest estimates in the most honest (not funded by industry) studies must be assumed to be a large underestimate of 4567 ACDF surgery risks since the average in most studies is weighted to mostly level one surgeries.

Over 19% die in surgery or soon after.

Permanent weakness over 19%.

Revision surgeries over 20%.

Over 25% new spinal cord damage.

Over 55% of spines don't fuse.

9 months recovery average, 25% movement loss average, may end driving motor vehicles.

Over 50% permanent swallowing difficulties. Adaptation involves pureed food & all liquids with thickening agent so people don't aspirate (choke) frequently.

Over 50% still having axial neck pain & 5x higher injected morphine doses than level three ACDF patients.

Epstein NE. A Review of Complication Rates for Anterior Cervical Discectomy and Fusion (ACDF). Surg Neurol Int. 2019 Jun 7;10:100. doi: 10.25259/SNI-191-2019. PMID: 31528438; PMCID: PMC6744804. ncbi.nlm.nih.gov/pmc/articles/PMC6744804/

De la Garza-Ramos, R., Xu, R., Ramhmdani, S., Kosztowski, T., Bydon, M., Sciubba, D. M., Wolinsky, J., Witham, T. F., Gokaslan, Z. L., & Bydon, A. (2016). Long-term clinical outcomes following 3- and 4-level anterior cervical discectomy and fusion, Journal of Neurosurgery: Spine SPI, 24(6), 885-891. Retrieved Jun 8, 2023, from <https://doi.org/10.3171/2015.10.SPINE15795>
thejns.org/spine/view/journals/j-neurosurg-spine/24/6/article-p885.xml

Nancy E. Epstein. A Review of Complication Rates for Anterior Cervical Discectomy and Fusion (ACDF). 07-Jun-2019;10:100

DOI: 10.25259/SNI-191-2019 surgicalneurologyint.com/surgicalint-articles/a-review-of-complication-rates-for-anterior-cervical-discectomy-and-fusion-acdf/

Anemia

What helps anemia-

Iron citrate/gluconate/glycinate/fumarate (not sulfate)

Lecithin liposomal vitamin C (5x stronger), also increases iron absorption

Vitamins B12 (methylcobalamin) & B9 (folinic) or sustained release vitB complex after breakfast

Spirulina w/a vegetable (also mood, concentration, energy, anti-inflammatory)

Yellow dock

Broken bones

Microcurrent

Microcurrent can increase ATP production & healing of injuries & bone breaks by 500%. Microcurrent devices can be almost imperceptible but extremely effective for pain, inflammation & tissue healing (including bones).

Microcurrent may stop the pain permanently over 50% of the time & permanently improve another 30% of the time. For the times it doesn't permanently stop all pain, it can daily stop inflammation & pain for many with no observed side effects for most.

FSM is a brand that doctors & chiropractors can have that also have a lot of other frequencies for very specific treatment for different disorders.

my.clevelandclinic.org/health/treatments/15935-frequency-specific-microcurrent

Konstantinou E, Zagoriti Z, Pyriochou A, Poulas K. Microcurrent Stimulation Triggers MAPK Signaling and TGF- β 1 Release in Fibroblast and Osteoblast-Like Cell Lines. *Cells*. 2020 Aug 19;9(9):1924. doi: 10.3390/cells9091924. PMID: 32825091; PMCID: PMC7564311.

ncbi.nlm.nih.gov/pmc/articles/PMC7564311/

Iijima H, Takahashi M. Microcurrent Therapy as a Therapeutic Modality for Musculoskeletal Pain: A Systematic Review Accelerating the Translation From Clinical Trials to Patient Care. *Arch Rehabil Res Clin Transl*. 2021 Jul 21;3(3):100145. doi: 10.1016/j.arrct.2021.100145. PMID: 34589695; PMCID: PMC8463469. ncbi.nlm.nih.gov/pmc/articles/PMC8463469/

verywellhealth.com/electrical-stimulation-for-faster-bone-healing-2549331

Griffin M, Bayat A. Electrical stimulation in bone healing: critical analysis by evaluating levels of evidence. *Eplasty*. 2011;11:e34.

Epub 2011 Jul 26. PMID: 21847434; PMCID: PMC3145421.
ncbi.nlm.nih.gov/pmc/articles/PMC3145421/

“CONTRAINDICATIONS AND CONDITIONS FOR MICROCURRENT

When in doubt, always check with a medical professional. Always work within the scope of practice.

Contraindications include:

- Pacemaker
- Pregnancy
- Irregular heartbeat
- Epilepsy
- Cancer or systemic disease
- Varicose veins (do not use microcurrent over the area)
- Phlebitis
- Open wounds

Conditions that may require clearance from a medical professional include diabetes, light sensitive migraines, metal pins or plates at the site of treatment, stroke, and Bells palsy.

Conditions that may interfere with or reduce the results include application of an incorrect conducting product. Use what is recommended by the manufacturer who has tested and calibrated their device to the conducting formula. Poor conducting gels will not send a correct signal to and from the epidermis. Oil-based products do not conduct. Dehydration, age, poor lifestyle (smoking, alcohol), inadequate nutrition, tanning beds, overexposure to ultraviolet light, poor sleep habits, certain medications, and a thyroid condition can also interfere.”

Immediately above quoted from: dermascope.com/skin-care/11522-mastering-microcurrent-understanding-physiology-and-application-for-optimal-outcome

dermascope.com/treatments/the-physiological-effects-of-microcurrent

Pulsed electromagnetic frequency (PEMF)

Two parallel PEMF devices, inductive coupling, best on nonunion fracture, 76.6-Hz sinusoidal wave, peak amp 400 mG peak–peak, static field 200mG, 30 min/day, Delayed-union stage: 6–12 mo

journals.humankinetics.com/previewpdf/journals/ijatt/9/5/article-p22.xml

Low intensity ultrasound (LIU)

LIU is best with nonunion fractures, fresh fractures, promoting healing in smokers and diabetics, 30–500 mW/cm², 20 min/day, 1.5 MHz, acoustic sine wave, 200-μs burst, effective at all stages

journals.humankinetics.com/previewpdf/journals/ijatt/9/5/article-p22.xml

default watermark

NSAIDs

NSAIDs like aspirin, ibuprofen & naproxen appear to slow bone healing (especially indomethacin) & cause gastrointestinal bleeding, even more when paired with acetaminophen (Tylenol).

Wheatley BM, Nappo KE, Christensen DL, et al. Effect of NSAIDs on bone healing rates: a meta-analysis. *J Am Acad Orthop Surg*. 2019;27(7):e330-e336.

Al Farii H, Farahdel L, Frazer A, Salimi A, Bernstein M. The effect of NSAIDs on postfracture bone healing: a meta-analysis of randomized controlled trials. OTA Int. 2021 Mar 22;4(2):e092. doi: 10.1097/OI9.0000000000000092. PMID: 34746650; PMCID: PMC8568409. ncbi.nlm.nih.gov/pmc/articles/PMC8568409/
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