

YOUR BEAUTIFUL BONES

MIRANDA CASTRO

FSHom, CCH, RSHom(NA)

www.mirandacastro.com

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This Presentation

- ⊙ Bones 101
 - Structure/Function
- ⊙ Bone Health (at Every Age)
- ⊙ Osteopenia/osteoporosis
- ⊙ Bone Density Tests
- ⊙ Biophosphonates
- ⊙ Bone Strength
 - Miasmatic
- ⊙ Bone Wreckers
- ⊙ Risk Factors
- ⊙ Bone Builders & Enhancers
 - Exercise and Balance
 - Diet and Sleep
 - Supplements + Herbs
- ⊙ Cell Salts
 - Calc-fl, Calc-p, Ferr-p, Sil.
- ⊙ Homeopathics
 - Calc carb, Hekla, Phos-ac, Ruta, Symphytum
- ⊙ Remedy reminders
- ⊙ Acknowledgements

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Introduction

- ⊙ Bone density tests and Evidence Based Medicine are casting bad spells on people – especially women people.
- ⊙ I hope to cast a good spell on you all today – to share how I use homeopathic thinking to enhance and maintain the health and strength of my own bones.
- ⊙ I hope you will make some resolves that you will follow through on in the coming days, weeks, months and years!
- ⊙ I hope you will learn some creative and practical ideas for kick-starting your own bone strengthening processes, and for sharing these with your friends, loved ones and your patients.

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Homeopathic Thinking ?

- ⊙ R - E - S - P - E - C - T for the individual.
- ⊙ Recognition for the whole person and the interconnectedness of all the systems of the body.
- ⊙ Acknowledgment for the body's ability to heal itself.
- ⊙ We are not like cars – we much more than mechanical objects
- ⊙ You cannot tinker with one system or part without affecting the whole in major and unknown ways

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A bag of old bones

- ⦿ This bag of bones growing older creaks a little – actually it always did. My bones have never been in the best of shapes but they work and I have adapted to their idiosyncrasies and deformities
- ⦿ It astonishes me that we all don't fall and break more often.
- ⦿ How protected we are by muscles and fat ... and our own innate sense of ourselves in space and in relation to the other objects around us – including the people, even a huge crowd. In the US.
- ⦿ Because we mostly drive everywhere now and because a lot of our working days (100% of mine) are spent sitting - moving only our fingers tappety tap tap and our mouths - we even forget to blink. Because of this our bones and our bodies are not getting what they need. On a daily basis.

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On a daily basis

- ⦿ It simply isn't good enough to exercise 2-3 times a week at the gym and do nothing in between
- ⦿ It simply isn't good enough to consume junk food and eat fistfuls of supplements to make up the loss.
- ⦿ How do we get our basic needs met so that we and our bones can thrive into our old ages.
- ⦿ I've learnt a lot prepping for the talk and have made some lifestyle changes of my own (kicking and screaming all the way).

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The Human Skeleton a.k.a. the Bony Parts

- ⦿ Adults have 206 bones
 - Skull | 22 bones
 - Spinal column | 24 bones
 - Thoracic | 12 prs ribs + sternum
 - Upper limbs | 64 bones (incl. the pectoral girdle)
 - Lower limbs | 62 bones (incl. the pelvic girdle)

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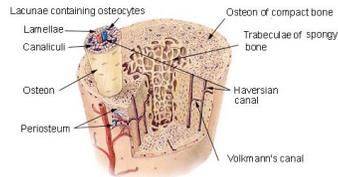
Function of Bones in a Nutshell

- ⦿ Provide stability and structure and assist in movement.
 - Muscles/ligaments attach to bones.
- ⦿ Protect organs
 - Brain, spinal cord, lungs/heart etc.
- ⦿ Store and control various nutrients.
 - Proteins & hormones
 - Minerals (incl. calcium/phosphorus)
- ⦿ Produce and store blood cells.
 - Bone marrow produces + stores new red blood cells and white blood cells

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Composition of Bones

Compact Bone & Spongy (Cancellous Bone)

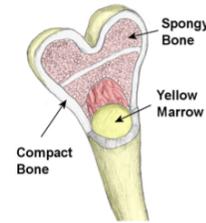


- They are more comprised of hard elements with spaces in between—more like a honeycomb.

- They look solid but they are not. Your bones are the second hardest substance in your body (enamel is the hardest), but they're not solid like concrete

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Bones 101



- The periosteum provides a blood supply to the bone and is where muscles attach.
- Under the periosteum is a thin layer (a matrix) of compact (or cortical) bone which provides the bone's strength. = 80% of a bone's weight.
- On the inside is spongy (cancellous) bone. = 20% of a bone's weight.
- Central shaft (medullary cavity) contains red (red blood cell production) and yellow bone marrow (where fat is stored).

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An organic, dynamic matrix.

- Bones are not solid structures, they would be too heavy for efficient movement. The outer compact bone is largely solid, with a few holes for blood vessels to enter and exit the inner part of the bone.
- Bones are living, growing tissues. a type of mineralized, specialized connective tissue that contains collagen (a protein) and calcium phosphate, a which gives bone its strength and hardness.
- This combination of collagen and calcium makes bone strong and flexible enough to withstand stress.
- Bones are just one part of the 'musculoskeletal' system that also includes muscles, tendons, ligaments and joints.

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A few bone facts

- More than 99% of the body's calcium is contained in the bones and teeth. The remaining 1% is found in the blood.
- The inner structure of bones served as a model for the construction of the Eiffel Tower.
- 50% of the bones of the body are found in the hands and the feet.
- Every second, bone marrow produces 2,000,000 red blood cells.
- Over a 7 year period, each bone in the body is replaced.
- Bones = 14% of the body's total weight.
- Humans & giraffes have the same number of bones in their necks.
- A human bone is as strong as granite. A block of bone the size of a matchbox can support 9 tons (4 x as much as concrete).

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A lot more than bones & calcium

- The insides of bones are teeming with life and functions.
- Red blood cells are formed in red marrow and these connect to the cardiovascular system
- A hormonal component helps regulate the production and destroying of bones with the thyroid, parathyroid & adrenals all involved.
 - Osteoblasts (cells that help form bone)
 - Osteoclasts (cells that help eat away old bone).
- To keep the whole system running smoothly a balanced gamut of vitamins and minerals is essential.

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Lifelong cycles of growth

- Beginning in childhood, our bones go through continuous cycles of new bone generation alongside the breaking down of old bone.
- Up until our mid-thirties, the body generates new bone faster than it breaks down old bone, subsequently increasing bone mass.
- As we move into our forties, this remodeling process slows down and we begin to lose more bone than the body is able to generate.
- Regular exercise and adequate nutrients are all key to maintaining strong bones throughout our lifetime. Without adequate nutrients, bones may never reach their full density and will only become more porous with age.

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Diseases of Bones

- Abscesses
- Bare bones (from gangrene)
- Cancer
- Caries, necrosis.
- Inflammation (osteitis)
- Nodosities (including from injury and gout etc.)
- Osteoporosis
- Tumors - benign, cystic
- Ulcers

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Growth/Development & Injuries

- Development arrested (of bones)
- Growth, disorders of – thin
- Growing pains
- Juvenile 'arthritis'
- Injuries to bones - fractures
 - Non-union
 - Slow repair/healing
- Injuries to periosteum
- Bone spurs after injury including fractures

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Homeopathic Lingo for Osteoporosis

- ⦿ Brittle
- ⦿ Crumbling
- ⦿ Porous
- ⦿ Spongy
- ⦿ Softening
- ⦿ Weakness

- ⦿ Crooked/deformed/distorted

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Thinking Thinking ...

- ⦿ We are always building the strength and health of our future bones (and the rest of our bodies) in the present ...
- ⦿ In each decade we are building the health of our next decade
- ⦿ This includes our children bones
- ⦿ And the bones of our elders
- ⦿ And everyone else in between
- ⦿ And ...
- ⦿ It can take a long time ... up to a year for improvements to begin to take effect ... in the bones

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Bone Health

- ⦿ The health of our beautiful bones is dependent on a number of factors – the same factors that creates health for the rest of our beautiful organs and systems – for our heart and our skin and our endocrine system and our brain.
- ⦿ Our whole beautiful body is dependent on our getting our basic needs met
 - For movement
 - For nutrition
 - For rest and sleep

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Aphorism # 94

- ⦿ *Find out about life circumstances that may arouse or maintain disease and act as obstacles to recovery.*
- ⦿ While inquiring into the state of a chronic disease, carefully ponder and scrutinize the particular affairs of the patient (ordinary occupations, usual living habits and diet, situation at home, etc.) to find out what there is in them that may arouse or maintain disease, and whose removal may further recovery.

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Aphorism # 208

- Ascertain any obstacles to cure.
 - In order to discover what things in the patient's life might tend to increase his malady, or to what extent they could favor or hinder his treatment:
 1. age
 2. lifestyle and diet
 3. occupations
 4. domestic situation
 5. civic relations, etc.
 - In the same way, his mode of thought and emotions should be considered to determine whether it hinders treatment...
- © Organon of the Medical Art ed. by Wenda Brewster O'Reilly; www.birdcagebooks.com

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Get Ruthless With Yourself – NOW

- You cannot take to the sofa with a bunch of pills and expect your bones to thrive.
- Start by being ruthlessly honest about your daily needs:
 - How much exercise are you getting each and every day?
 - How decent is your diet?
 - Are you getting enough sleep?

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Exercise

- If you lead a relatively sedentary lifestyle, your body gets the message that you don't have such a big need for strong bones.
- It's that old supply and demand chestnut over and over and over
 - Use it or lose it
 - With every system and organ and tissue in the body
- If you are sedentary your body will not work to produce and maintain strong bones since your lifestyle is not signaling a need for bones like that.
- If you give your bones what they need that will download on to the rest of your body and systems in a myriad healthful ways.

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Table 10-1. Summary Recommendations for Bone Health

	Calcium (mg/day)	Vitamin D (IU/day)	Physical Activity	Bone Density Testing	Patients at Increased Risk	
Infants						
0-6 Months	210	200	Interactive play	As clinically indicated in high risk patients.	Frequent fractures, anorexia, amenorrhea, chronic hepatic, renal, gastrointestinal, autoimmune disease. Medications in Table 10-2.	
6-12 Months	270					
Children and Adolescents						
1-3 years	500	200	Moderate to vigorous activity at least 60 minutes per day. Emphasize weight bearing activity.	As clinically indicated in high risk patients.		
4-8 years	800					
9-18 years	1300					
Adults						
18-50 years	1000	200	Moderate activity at least 30 minutes per day, on most, preferably all, days of the week. Emphasize weight bearing activity.	As clinically indicated in high risk patients.	Individuals with risk factors in Table 10-4.	
51-70 years	1200	400	Fall prevention programs, modified for the frail elderly and spine fracture patients.	Bone density testing by DXA in all women over age 65; consider in women under age 65 with risk factors. No consensus on men.		
>70 years	1200	600				

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Just Do It

- ⊙ Low impact weight bearing can prevent bone loss:
 - walking, gentle aerobics, golf, hula hooping (high energy)
 - *30 minutes every single day*
- ⊙ High impact weight-bearing exercise can increase bone density:
 - jogging, running, weight-training, step aerobics, football, dancing, zumba, tennis, rebounder (watch out for falls/sprains).
 - *30 minutes 2-3 times a week*
- ⊙ No impact exercise builds healthy muscles and hearts:
 - swimming and bicycling.
- ⊙ Tai chi and yoga help with flexibility, balance and coordination – these are all necessary to prevent falls and fractures.

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Which reminds me

- ⊙ If we are accident prone we have to learn to slow down
 - To be mindful as it were. (Not a bad thing for us all to learn)
- ⊙ If are helping little people to grow up safe and strong we have to teach them well how to navigate the dangers of this world without squashing their adventurous natures.
- ⊙ As we grow old we have to learn to slow down. A bit.
- ⊙ There are some accidents that cannot be avoided ... and then there are the rest!

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And ... move your bodies to the beats of life

- ⊙ Be restless:
 - Jiggle, jump, hop, skip, lunge ... as you brush your teeth/cook etc.
- ⊙ Be productive:
 - Garden, make something with wood or bricks or rock, volunteer for habitat for humanity
- ⊙ Be creative:
 - Sing, paint, sculpt, woodwork
- ⊙ The best exercises are the ones you can weave into your life on a permanent and daily basis ... the ones that give you pleasure and make you feel good.
- ⊙ *How do you/can you get the exercise you need – on a daily basis?*

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Rest Your Weary Bonezzzzz

- ⊙ Sleep 8 hours a night
- ⊙ Multiple research studies the world over have confirmed that a lack of sleep adversely affects our bones
- ⊙ Trouble shoot like a maniac to get the sleep your body needs – your life and bones depend on it.
- ⊙ *How do you/can you get the sleep you need – on a nightly basis?*

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Nutrients

- Healthy bones require many nutrients—magnesium, phosphorus, potassium, iron, silica, boron, copper, manganese, strontium and zinc, plus many other trace minerals, and vitamins C, D, K, B6 and folic acid—all working together and balanced.
- Healthy bones need sufficient amounts of protein to make healthy collagen. But not too much.
- Healthy bones need healthy fats for vitamin D uptake and for protection against bone-destroying free radicals.
- Collagen provides bones with tensile strength (flexibility). Your body needs vitamin C to synthesize collagen. There is a difference between the full vitamin C complex found in real foods and synthetic forms found in many nutritional supplements.

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Recommended Calcium Intake

Life-stage group	mg/day
Infants 0 to 6 months	200
Infants 6 to 12 months	260
1 to 3 years old	700
4 to 8 years old	1,000
9 to 13 years old	1,300
14 to 18 years old	1,300
19 to 30 years old	1,000
31 to 50 years old	1,000
51- to 70-year-old males	1,000
51- to 70-year-old females	1,200
70 years old	1,200

Source: Food and Nutrition Board, Institute of Medicine, National Academy of Sciences, 2010.

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Calcium Supplements

- Dietary Calc is better – is more important than any synthetic calcium. ... and if you have trouble getting enough in your diet you may need to take a supplement.
- Don't take too much additional calcium—take it in a form that absorbable (citrate or malate.)
- Take it on the advice of a nutritionist or naturopath who re-tests and takes your whole picture and dietary needs into account.
- ods.od.nih.gov/factsheets/Calcium-QuickFacts/
- ods.od.nih.gov/factsheets/Calcium-HealthProfessional/

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Pills or Food?

- Too much of any one nutrient as a chemical additive (supplement) can and will cause problems – it's just a question of time
- Eating mineral-rich foods is far superior to taking calcium-based supplements when it comes to providing comprehensive nourishment for your bones.
- Excess calcium can lead to calcium deposits in the kidneys and heart, constipation, dry mouth, headache, increased thirst, irritability, loss of appetite, depression, a metallic taste in the mouth, gas, bloating, muscle weakness, and fatigue.
 - <http://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/#h8>

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Vitamin D

- ⦿ Vitamin D promotes calcium absorption.
- ⦿ You can get D from food (fish, liver, eggs), but the best source is the sun. Just 15 minutes of sunshine on your skin every day provides all the vitamin D you need.
- ⦿ Sunlight acts on cholesterol found in your skin to produce vitamin D. Your body knows to stop producing vitamin D when you have built it up to an adequate level.
- ⦿ A sunscreen with an SPF of 8 or higher can prevent sunlight from acting on cholesterol in your skin to produce vitamin D.
- ⦿ Different varieties of fish like wild salmon and sardines are good food sources of natural vitamin D. High quality cod liver oil is another good food source of natural vitamin D.

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New Research New Recommendations

- ⦿ There are always going to be new research studies that generate more data, more information and new recommendations ... including new products or different protocols.
- ⦿ Take them with a pinch of salt to start out with.
- ⦿ Remember that supplements are chemicals manufactured in laboratory settings. They are not exactly natural.
- ⦿ If you do want to take supplements use homeopathic principles
 - Choose them carefully and take just one or a few at a time
 - Or take a really good multi-vitamin/mineral
 - Consider food grade supplements (or check sources if possible)

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For example ...

- ⦿ Strontium (the mineral not the isotope) is being hailed as 'better-than-calcium' for building bones.
- ⦿ In (recent) 5 year studies scientists are reporting that it has a good effect with few side effects.
- ⦿ 5 years is not long term ...
- ⦿ Homeopaths – turn to Strontium in your materia medica to see the kinds of symptoms that a toxic effect may elicit.

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A healthy diet is essential for strong bones.

- ⦿ Foods that contain silicon include bell peppers, soybeans, leafy green vegetables, whole grains, alfalfa, beets, brown rice, rice bran, rice hulls, rolled oats, nettles, hemp leaf and horsetail ++
- ⦿ Magnesium is found in nuts such as cashews, almonds, macadamia and cacao. Foods like halibut, avocados, oatmeal, baked potatoes and spinach also contain magnesium etc. etc.
- ⦿ Some of the foods that are rich in calcium are dark leafy green vegetables (chard, mustard greens and especially kale), broccoli, oats, prunes, sesame seeds, tofu, brewer's yeast, blackstrap molasses and beans and so on and so forth.

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Nutrient Rich Broths & Teas

- ⊙ Make a broth from fish or meat bones (free range/organic meat) + vegetables with a little vinegar (leaches calcium from bones) + seaweed for a few hours for a fantastic source of calcium and other minerals essential for bone health. (See last slide for recipe).
- ⊙ Herb teas and herbs rich in calcium include alfalfa, burdock root, chamomile, chicory, dandelion, fennel seed, hops, parsley, peppermint, raspberry leaves, red clover and yellow dock.
- ⊙ Post-menopausal bone problems, according to Susun Weed, arise from a lack of fat. If the diet is deficient in good-quality fats, hormones will not be produced in adequate amounts. And vitamin D, a hormone-like vitamin, will not be utilized well. Further, mineral absorption is dependent on fats.

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Common Bone Wreckers

- ⊙ Acid-forming foods are foods that bring the pH of your blood down. You cannot survive if the pH of your blood moves outside a very narrow range (7.35 to 7.45), so your body must buffer the effects of acid-forming foods to maintain a healthy blood pH level.
- ⊙ One of the main ways in which your body buffers acid-forming foods is to take calcium from your bones and use it to neutralize the remnants of acid-forming foods.
- ⊙ Foods that are acid-forming in your blood include: sodas, refined wheat and sugar, alcohol, coffee, tea, an excess of meat.
- ⊙ Fluoride – affects collagen production and a myriad other mineral processes in bones and other tissues. It's not logical to think that fluoride affects are limited to the enamel on teeth.

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Bottom line

- ⊙ Getting the nutrients you need involves:
 - Eating from a wide range of foods
 - Eating fresh – local – organic if possible
 - Chewing your food (esp. the veggies)
 - Savoring your food
 - Keeping your blood sugars (your camp fire) stable

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Dehydration may be a factor

- ⊙ Bones consist of 10-15% water.
- ⊙ Caffeine is a diuretic – increasing urine production. There is an increased loss of calcium in the urine in post-menopausal women who drink excessive caffeine.
- ⊙ Older people tend to drink less especially if they are less active.

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Osteopenia

- Osteopenia is not a disease.
- Some thinning of the bones occurs as part of the aging process.
- We cannot expect our skin and muscles and bones to retain their youthful state as we age.
- If we live long enough we shall grow old.
- Osteopenia has been 'marketed' as a disease to patients (especially middle-aged women) in order to 'sell' them medications.

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Osteoporosis

- Osteoporosis, a leading cause of bone fractures, is the most widespread degenerative disease in the West, affecting around 10 million over the age of 50 in the US.
- Women are most at risk, with one in six Western women expected to suffer a hip fracture at some point in their lives.
- Cost of fractures is enormous ... \$80-\$100,000 per person.
- One in five of those who were ambulatory before their hip fracture requires long-term care afterward.
- At six months after a hip fracture, only 15% of hip fracture patients can walk across a room unaided.
- An average of 24% of hip fracture patients aged 50 and over die in the year following their fracture.

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Biophosphonates (Fosamax, Boniva, Actinel)

- These drugs work by killing osteoclasts – the cells in charge of the demolition part of the remodeling process. New healthy bone cannot be built by osteoblasts until old bone has been removed.
- They also glue calcium onto bone providing the appearance of greater bone density. However, this is like nailing a piece of plywood over a hole in the wall. Forever. The human body has no enzyme system that can break them down.
- Bisphosphonates are a caustic chemical. They damage any human tissue they come in contact with.
- Side effects (short and long term) include: esophageal ulcerations, severe bone pain, esophageal cancer, atrial fibrillations, osteonecrosis of the jaw and fractures of the femur (thigh).

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Osteoporosis Risk Factors

- Female/White/over 60
- Our genes (familial history of osteoporosis)
- Lifestyle esp. sedentary-ness/lack of weight bearing exercise
- A diet high in acidic foods or malabsorption syndromes
- More than 2 alcoholic drinks a day
- Smoking
- Significant weight loss incl/esp anorexia/bulimia
- Many medications esp. long term use of steroids
- Periods of amenorrhea esp in athletes/dancers with low body wt
- Survivors of childhood cancers
- Some endocrine disorders incl hyperthyroid + hyperparathyroidism

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And our Moods?

- Two recent meta-analyses have found a clear connection between depression and low bone mineral density. Researchers found that the depressed had substantially lower BMD than the non-depressed.
- Depression was also associated with markedly greater activity of osteoclasts, the cells that break down bone because the stress hormone noradrenaline (norepinephrine) is released into bone.
- Depression is often associated with a literal lack of get up and go.
- Is it the depression or the drugs used to treat it? Those taking SSRIs had a twofold increased risk of bone fractures.

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Radiation – considering bone density scans

- 3 mSv.
- mSv = millisievert, the scientific unit of measurement for radiation
- 3 mSv is how much radiation, on average, a person in the United States absorbs in a year from background sources such as sunlight, soil, and radon gas that may be in our homes or offices.
- Man-made sources like radiation from smoke detectors or x-rays add about another .6 mSv.
- The odds of developing cancer from radiation exposure are very small, but risks do rise the more you get zapped and the younger you are when you're irradiated
- Use this website to calculate your risk <http://xrayrisk.com/>

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Typical radiation doses

Exam	Dose (mSv)
Dental x-rays	0.01
Airline Flight	0.02
Mammogram	0.04
Chest x-ray	0.10
Natural Background	3.1 / year
Average US Exposure	6.2 / year
Chest CT	7.0
Abdominal CT	8.0

DEXA bone density scan = 0.001 mSv

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Bone Density Tests (DEXA)

- T score — This number shows the amount of bone compared with a young adult (35 years old) of the same gender with peak bone mass. It is used to estimate your risk of developing a fracture.
 - 1 or above = normal bone density.
 - 1 to -2.5 = osteopenia or low bone mass.
 - 2.5 or below = osteoporosis.
- Z score — This number reflects the amount of bone you have compared with other people in your age group and of the same size and gender.
- Small changes observed between scans may be due to differences in positioning and are not usually significant.

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Homeopathic Miasms & Bones

- ⊙ Syphilitic Miasm
 - Destructive
 - Ulceration
 - Deformities
 - Hidden symptomatology
 - Deep bone pains
- ⊙ Sycotic Miasm
 - Overgrowths
 - Swellings
 - Inflammation
- ⊙ Psoric Miasm
 - Weakness
 - Slow healing

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Constitutional | Sub-acute | Acute | First Aid | Tonic

- ⊙ Chronic diseases of the bones (osteoarthritis, cancer) always need professional homeopathic help
- ⊙ Sub-acute problems with bones (slow healing after a fracture or repeating growing pain in children) can be treated by the experienced home prescriber or serious student.
- ⊙ Acute problems with bones (bone spur or Osgood Schlatters) can also be treated by the experienced home prescriber or serious student.
- ⊙ First aid problems (simple fractures and shin splints) can be treated easily by the home prescriber.
- ⊙ Tonics (especially cell salts) can be used easily by the home prescriber.

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CELL SALTS FOR BONE HEALTH

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CELL SALTS – Cliff Notes

- ⊙ Cell salts are the supplements of the homeopathic medicine chest.
 - They are nutritive.
 - They support and enhance the health and strength of specific organs and systems.
- ⊙ They help to regulate constitutional disturbances at a cellular level
- ⊙ Any one of them may NOT be so superficial depending on your constitution.
- ⊙ If Silica or Calc phos or Calc fluor is a good constitutional remedy for you then
 - It will do more than strengthen your bones – much more and
 - You won't need to take it so often

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The main Cell Salts for bones

- ⊙ Calc fluor BONES. BONEY growths. ELASTICITY of tissues.
- ⊙ Calc phos NUTRITION in general. Strengthens BONES/TEETH.
- ⊙ Ferr phos INFLAMMATION. Strengthens BLOOD
- ⊙ Silica NUTRITION. Strengthens BONES/TEETH/NAILS.

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Calcarea fluorica (Calc-fluor. or Calc-f.)

- ⊙ AKA calcium fluoride. crack, inflamed, painful.
- ⊙ Affinities:
 - Bones/Teeth/Ligaments.
 - Muscles/Veins
- ⊙ Elasticity of tissues.
- ⊙ Dental cavities in kids.
- ⊙ Bones become thin & weaken.
- ⊙ Broken bones are slow to heal.
- ⊙ Hard swellings (bone spurs) after injury (fracture/sprain) on/around bone or joints.
- ⊙ After injuries esp. fractures.
- ⊙ Pains are worse on beginning to move and are better for continued movement (Rhus-t.)
- ⊙ Worse humidity and changes in weather to damp/stormy.
- ⊙ Alternate with Calc-phos &/or Silica or take all three.
- ⊙ Warm-blooded.
- ⊙ Financial worries.

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Calcarea phosphorica (Calc-phos. or Calc-p.)

- ⊙ AKA calcium/lime phosphate. (Osgood shatter's/juvenile osteochondritis).
- ⊙ Affinities:
 - Bones/Teeth/Muscles.
- ⊙ Nutrition of tissues.
- ⊙ Cavity prone teeth.
- ⊙ Bones become thin & weaken.
- ⊙ After injuries esp. fractures.
- ⊙ Broken bones are slow to heal.
- ⊙ Growing pains
- ⊙ Teething (dentition).
- ⊙ Growth spurts.
- ⊙ Simple anemia (alternate with Ferr-phos.)
- ⊙ Cramps (alternate w/Mag-p.)
- ⊙ Alternate with Calc-flour &/or Silica or take all three.
- ⊙ Sensitive to cold and drafts.
- ⊙ Difficulty concentrating.
- ⊙ Discontented/complaining.
- ⊙ Joint pains in growing kids

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Keep Track of your Kid's Height

- ⊙ Keep track of your child's growth by dedicating a 'door jamb' or a piece of paper taped to the wall to measure their height.
- ⊙ Measure them once a month in bare feet. Ask them to stand tall with the small of their back pressed up against the wall as much as possible and staring straight ahead (not up or down).
- ⊙ Use a book and hold it level on the top of their head against the wall.
- ⊙ Make a mark at the bottom and date it!

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Knee Pain in Children

- ⦿ Osgood Schlatters Disease is a common cause of knee pain in kids and is characterized by a small bump below the knee cap. This disease occurs in girls between 8-13 and boys between 11-15, when they have a growth spurt and one or both knees can get affected. Swelling, tenderness and pain is experienced just below the knee, over the tibia (bone of the lower leg). There is no treatment for this disease and usually this condition disappears with time. The pain and swelling recedes as the child stops growing, as the tendons in the patella (knee cap) region become stronger. Ice and pain relievers are recommended and elastic bandages.

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Ferrum phosphoricum (Ferr-phos. or Ferr-p.)

- ⦿ AKA phosphate of iron
- ⦿ Affinities: blood
- ⦿ Osteoporosis and anemia.
- ⦿ Inflammations with or without fever.
- ⦿ Simple anemia: alternate with Calc-phos.
 - The calcium aids the body in absorbing the iron more effectively.

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Silica (Silicea or Sil.)

- ⦿ AKA silica oxide or flint.
- ⦿ Affinities:
 - Bones/Teeth/Nails/Hair.
- ⦿ Nutrition of tissues.
- ⦿ Cavity prone teeth.
- ⦿ Bones become thin & weaken.
- ⦿ Teething is slow and difficult (with coughs/colds/diarrhea)
- ⦿ Hair and nails are weak/thin/break easily
- ⦿ Bone spurs.
- ⦿ Osteoporosis
- ⦿ Healing slow after injury (including fractures).
- ⦿ Chilly and sweaty.
- ⦿ Sensitive to cold and drafts.
- ⦿ Overwork.
- ⦿ Frail.

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Calc fluor, Calc phos, Silica Combination

- ⦿ Right now this is only available from Helios Homeopathic pharmacy in the UK ... www.helios.co.uk

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Taking Cell Salts

- ⦿ Can be repeated (as a tonic)
- ⦿ Usually twice daily unless the symptoms are severe (3 times daily) or mild (once daily!)
- ⦿ Two or more can be taken at a time (in alternation or as combinations)
 - Calc phos alternating with Ferr phos
 - Calc phos or Calc fluor alternating with Silica
- ⦿ They can be taken Mondays through Fridays with the weekends 'off' or 3 weeks of the month with one week off.

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A SMALL HANDFUL OF HOMEOPATHICS

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Calcarea carbonicum physical symptoms

- ⦿ Weak bladder—frequent urination
- ⦿ Constipation (no urging), and/or alternating with diarrhea
- ⦿ Indigestion, heartburn with sour burps.
- ⦿ Calf cramps at night.
- ⦿ Weak ankles – stumbles when walking.
- ⦿ Broken bones are slow to heal.
- ⦿ Frequent coughs and colds
- ⦿ Sluggish and flabby

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Calc carb emotional & general symptoms

- * A mess of fears and worries (in a conscientious/stubborn person)
- * Weary, hopeless and depressed.
- * Despairs of recovery.
- * Fear of osteoporosis (Vasilis Ghegas)
- + Worse exertion, cold & wet.
- + Worse 'ascending' ... climbing hills/stairs etc.
- + Chilly and clammy. Cold clammy feet (and hands).
- + Head sweats (especially in sleep)
- + Desires: sweets, eggs, pastries (and gains weight easily)

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Hekla lava

- ⊙ Exostoses – hard lumps forming on bones after injury or inflammation.
- ⊙ Bone spurs.
- ⊙ Swellings of bones.
- ⊙ Abscesses/inflammations of the bone.
- ⊙ Necrosis of bones.
- ⊙ Weak, brittle bones.
- ⊙ (Painful) calcium deposits in joints.
- ⊙ Etiology: Side effects of biophosphonate meds?
- ⊙ Gentle disposition with sudden anger if provoked (cannot control)

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Phosphoric acid

- ⊙ Severe fatigue esp. after loss or shock.
- ⊙ Painless diarrhea, palpitations, headaches.
- ⊙ Any symptoms after a fluid loss (diarrhea/hemorrhage etc.) i.e. from acute dehydration.
- ⊙ Broken bones are slow to heal.
- * Overwhelmed by loss especially bereavements
- * Ailments from grief and disappointment
- * Forgetful - mind is too weak to think (can summon body to do some things)
- + Wants refreshing things (like fruit and fruit juices) to eat and drink
- + Feels better after a nap

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Ruta

- ⊙ Periosteum ... and tendons and ligaments
 - Inflamed
 - Injured
- ⊙ Fractures are slow to heal
- ⊙ Shin bones
- ⊙ Carpel tunnel and tennis elbow (and any repetitive strain injury)
- ⊙ Calcium deposits in tendon
- ⊙ Ganglion cyst
- ⊙ Limb is lame and weak
- ⊙ Symptoms are worse at night

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Symphytum

- ⊙ Fractures fractures fractures (knitbone)
- ⊙ Broken bones are very painful.
- ⊙ Slow repair of broken bones
- ⊙ Osteoporosis – especially after a fracture.

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Taking Any Old Homeopathic Remedy

- ⦿ Take it low – 6X or 6C
- ⦿ Depending on the situation take it once or twice a day stopping and starting according to the whole symptom picture if there is one.
- ⦿ Stick with the remedy that helps you – don't change it – repeat it judiciously – using your whole symptom picture as a guide.

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THE DOs!

- ⦿ Make a relationship with the remedies you are taking
 - With all the remedies you take
- ⦿ Don't take them routinely month in month out
- ⦿ Be creative
- ⦿ Ring the changes if you are not getting any feedback.
- ⦿ If you are not sure whether to take a remedy DON'T.
- ⦿ Write down the name/s & date/s of every remedy you take
- ⦿ If you are really not sure what to take consult a homeopath
- ⦿ If you have a bigger picture consult a homeopath
- ⦿ Look after your whole body and its basic needs and you cannot help but take care of your bones

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THE DON'Ts

- ⦿ Don't take deep acting remedies like Thuja or any nosodes without the support and guidance of a professional homeopath
- ⦿ Don't take homeopathic remedies without making any (all) necessary lifestyle changes (exercise, diet, sleep)

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Acknowledgments

- ⦿ Food and Our Bones by Annemarie Colbin (nutritionist)
 - www.foodandhealing.com/
- ⦿ What Doctor's Don't Tell You (a wealth of information)
 - www.wdtdy.com
- ⦿ Susun Weed www.susunweed.com and [Bone Health Article](#)
- ⦿ The Surgeon General (a wealth of information)
 - www.surgeongeneral.gov/
- ⦿ National Osteoporosis Foundation ... www.nof.org/
- ⦿ Miranda Castro www.mirandacastro.com ... [Cell Salts Article](#)
- ⦿ NCH... <http://www.nationalcenterforhomeopathy.org>

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