

Osteoporosis Medicines are Bad for Your Bones

But the gluten-free diet can be good for your bones

By Donald Clark

Here's the truth. Long-term use of medicines like Actonel, Boniva, Fosamax and Reclast have been linked to femur fractures. One of the studies found bones turning to peanut brittle at four years... and both studies found an increased risk of fracture at five years or more.

These medicines contain bisphosphonates, the drugs that are supposed to fight osteoporosis.

According to *Osteoporosis Journal* December 2008, menopausal women in the tests who took these drugs did not need to be doing anything strenuous. Bending, stretching or walking can cause a sudden fracture. *The Journal of Orthopaedic Trauma* May/June 2008 found that simple activity can cause a fracture of the femoral shaft due to the prolonged use of the bisphosphonate, alendronate. Stress fractures are actually more common when using these drugs than if you do not use them at all. Secondly it takes much longer to repair the bone damage when these drugs are used.

Unfortunately when the FDA found out about these studies, they did nothing. Instead of recalling these dangerous drugs, they issued a statement saying there's no clear connection between these medicines and hip fractures. They went further and told women to keep right on taking them!

The studies were presented at the annual conference of American Academy of Orthopedic Surgeons. They also found that the fractures tend to happen to otherwise perfectly healthy active women .

Bisphosphonates have been linked to heartburn, abdominal pain, fever, bone and muscle pain, low energy and low levels of calcium in the blood, esophageal cancer and necrosis of the jaw.

The Celiac Disease Osteoporosis Link

There is also a link between celiac disease and osteoporosis. A Washington University School of Medicine study has revealed that CD was much more common among subjects with osteoporosis. Those with most severe cases of Celiac Disease also tended to have the most severe case of osteoporosis.

The people who were diagnosed with CD were asked to follow a gluten-free diet for one year. Bone density was measured before the test and then at the end of the year. In all those who followed the gluten-free diet, gastrointestinal problems improved dramatically and bone density improved.

Get Vitamin D Naturally

The number one source for building strong bones and maintaining them is the sun. A dose of 15 to 30 minutes of sun each day will make your own vitamin D3.

Take a lesson from cats. Most indoor cats spend time in the sun each day. It is very common for them to find a spot in the house where the sun is shining through a window. There they will lay soaking in the rays for at least 15 minutes. It just may be that people should act more like cats. Soak in a few minutes of the rays without sunscreen each day. You will feel better and your bones will repair themselves for free.

To learn more about gluten-free baking and cooking visit www.glutenfreebylindy.com
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