

Medical Research and Proven Studies Reference Sheet

NOTE: I have been researching Osteoporosis since 2010. Below are only a handful of articles I used to create my “Reversing Osteoporosis Naturally” program.

There are literally thousands of articles you can find regarding Osteoporosis, the drugs and nutritional advice. As you read the information below you will find the articles are conflicting. There are many approaches and this is what makes Osteoporosis confusing and frustrating. Keep in mind that some articles may have hidden agendas.

After extensive research I provide a program for you that works and takes the ‘guess work’ out of what to do. I’ve taken the best of the best, worked with a licensed naturopathic doctor and have created a program that is all-inclusive and easy to incorporate into your daily life.

National Women’s Health Network, *“Osteoporosis – Fact Sheet”*

<https://www.nwhn.org/osteoporosis/>

Consumer Reports, *“Benefits and Risks of Osteoporosis Drugs”*

<http://www.consumerreports.org/cro/2012/04/popular-osteoporosis-drugs-come-with-mounting-concerns/index.htm>

University of Maryland Medical Center, *“Osteoporosis”*

<http://umm.edu/health/medical/altmed/condition/osteoporosis>

PMC US National Library of Medicine, *“Safety of Drugs Used In The Treatment of Osteoporosis”*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4110860/>

Harvard Health Publications, *“What’s The Story with Fosamax?”*

http://www.health.harvard.edu/diseases-and-conditions/whats_the_story_with_fosamax

US National Library of Medicine, *“Vitamin K Supplementation For The Primary Prevention of Osteoporotic Fractures”*

<https://www.ncbi.nlm.nih.gov/pubmed/22398856>

Dr. Mercola, Take Control Of Your Health, *“Vitamin K: The Key Vitamin To Use With Vitamin D To Help Reduce Osteoporosis By 25 Percent”*

<http://articles.mercola.com/sites/articles/archive/2012/05/16/vitamins-d-and-k2-reduce-osteoporosis.aspx>

US National Library of Medicine, *“Fracture Prevention With Vitamin D3 Supplementation”*

<https://www.ncbi.nlm.nih.gov/pubmed/15886381>

Healing Teeth Naturally, *“Horsetail as a Calcium Supplement”*

<http://www.healingteethnaturally.com/biological-transmutation-calcium-from-horsetail-silica.html>

Dr. Axe, Food Is Medicine, *“Osteoporosis Diet and 5 Natural Treatments”*

<https://draxe.com/osteoporosis-diet-5-natural-treatments/>

Spine Universe, *“Nutritional Supplements To Build Bone and Help Prevent Osteoporosis”*

<https://www.spineuniverse.com/conditions/osteoporosis/nutritional-supplements-build-bone-help-prevent-osteoporosis>

Doctor Murray, *“Osteoporosis”*

<http://doctormurray.com/health-conditions/osteoporosis/>

Natural Medicine Journal, *"Naturopathic Approaches to Preventing and Treating Osteoporosis"*
<http://www.naturalmedicinejournal.com/journal/2010-11/naturopathic-approaches-preventing-and-treating-osteoporosis>

National Osteoporosis Foundation, *"Food and Your Bones – Osteoporosis Nutrition Guidelines"*
<https://www.nof.org/patients/treatment/nutrition/>

Physicians Committee for Responsible Medicine, *"Calcium and Strong Bones"*
<http://www.pcrm.org/health/health-topics/calcium-and-strong-bones>