

Suggested Blood Tests

It is important in the Osteoporosis program to ensure you are not over-loading or under-loading with the suggested supplements. The best way to ensure this is not occurring is to undergo blood tests to ensure you are in the normal range.

Vitamin D – It is difficult to get Vitamin D3 from food sources. The best natural way to get Vitamin D3 is by being out in the natural sunlight (exposed skin with no sunscreen) for 10 – 20 minutes a day. However, based on where you live, the time of year and other health considerations getting natural sunlight may not be possible.

The Osteoporosis program includes 2,000 – 4,000 IUs of Vitamin D3. The reason for the range takes into account getting natural sunlight as well as how efficiently your body is producing Vitamin D3.

Please note, for maximum absorption of Vitamin D3, it is important you take the Omega-3 at the same time.

Calcium – Sometimes (in the US) when a person has their annual exam your doctor will order a Comp. Metabolic Panel – this usually includes Calcium. Talk to your doctor, if he/she is not ordering this test, then ensure they order a Calcium Serum Blood Test. This will measure the amount of Calcium in your blood.

With the Osteoporosis program the amount of Calcium in the form of a supplement is very little and if you are eating foods high in Calcium you may not need to take a supplement at all.

Overloading on Calcium can affect the OsteoBlast cells in that they will die prematurely which leads to bone loss – defeating the purpose of the program!

Over-loading on Calcium poses other health risks including calcification of the arteries, bone spurs, and kidney stones. Too much calcium may also interfere with your body's ability to absorb iron and zinc. Some of the side effects of too much Calcium include irregular heartbeat, nausea, constipation, weakness, drowsiness, headache, dry mouth or a metallic taste in your mouth, muscle or bone pain.

Iron – In the Osteoporosis supplement program iron is not included, however, in April, 2015 a medical study concluded there may be a link between iron deficiency as a factor for Osteoporosis.

There are two types of iron from food sources – heme iron and non-heme iron. Heme iron is found only in meat, poultry, seafood and fish – heme iron is the type of iron that comes from animal proteins. Non-heme iron is found in plant-based foods like grains, beans, vegetables, fruits, nuts and seeds.

Some people have a difficult time absorbing non-heme iron, especially people from a European descent. The Osteoporosis nutrition plan is very plant-based (alkaline friendly), therefore, some people may experience anemia (low in iron). For this reason it is suggested your doctor order an iron blood test.

The symptoms of low iron/anemia include dizziness, lightheadedness, muscle weakness, shortness of breath, brittle nails, sensitivity to cold weather or a feeling of being cold and not being able to warm up.