

# Preventing Bone Loss Following Discontinuation of HRT

If you are a woman who has discontinued hormone replacement therapy (HRT), you're at higher-than-normal risk for osteoporosis. Although HRT has been shown to be effective in reducing postmenopausal bone loss and increasing bone mass, recent studies confirming the possible detrimental effects of this therapy have brought the use of HRT into question, leading many women to stop treatment. Many postmenopausal women who discontinue HRT experience a rapid decline in bone density, according to recent studies.

Women who discontinue HRT definitely need to work with their doctors who might substitute a prescription for Fosamax® (alendronate) instead of estrogen. But again, if so, you will probably need to take this drug for a long time if not permanently, as its effects are thought to wane upon discontinuation. In almost all cases, a woman's first choice for building and maintaining bone density should be calcium-based minerals and weight-bearing exercise.

## Women's Nutrition Needs: It Isn't Just Calcium

We think one of the most exciting and newly emerging concepts in nutrition is the whole food nutritional concept. In other words, if we're going to supplement our diets (as tens of millions of women do), why take only single isolated vitamins or minerals?

Since food is the ultimate source of vitamins and minerals (including calcium), it might make more sense in our nutritional supplement choices to imitate the ordered complexity of all the vitamins, minerals and phytochemicals that are found together in whole foods. The underlying basis for this belief is that Nature intended for all of these to work together to bring us health. This is what whole-food nutritionals do so well: providing naturally sourced vitamins and minerals and other phytochemicals that occur within a natural whole-foods matrix with all essential cofactors.

## Coral—The Ultimate Whole Food Calcium Source

Hearing the latest disappointing news about hormone replacement therapy might make you go out and buy a calcium supplement, which is good. But are you really addressing your total health if you purchase one with only calcium?

This question is even more pertinent today when millions of women have learned that those who use HRT tend to lose bone faster when they stop its use than if they had never begun. These women are seeking better health—and many will come to natural health as a means of achieving their objectives.

But why just take calcium? Is that the only mineral in which women at risk of bone demineralization tend to be deficient?

Sure, you need calcium. But many health experts say calcium deficiency is a marker—they say that if a woman or man is deficient in calcium, she or he is likely to be deficient in other minerals.

"We are a mineral-deficient society," says herbal pharmacist and radio talk show host Dave Foreman, R.Ph., N.D. "Face it, not only does the typical American diet lack minerals, but even if you tried to eat a diet high in foods typically containing minerals, you are still probably coming up short. Reasons contributing to mineral deficiencies include: our soils are depleted; we take medications that deplete certain nutrients; we consume processed foods..." What's the answer? "Well," says Foreman, "you could go out and buy each mineral separately, but then you run the risk of impacting your body in a negative way. Examples of this negative impact are if you take copper, then you run the risk of depleting zinc. Take zinc



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buy itself and you run the risk of depleting copper. Taking calcium without magnesium will contribute to the ineffectiveness of your calcium supplement and poor bone health. The list goes on and on."

Foreman adds that trace minerals are found in the body in very small amounts. "Even though they occur in such small quantities, the importance of supplementing with them should never be overlooked." There are 31 common trace minerals; some examples are chromium, selenium, iodine, zinc, and sulfur.

No wonder a natural health pharmacist like Foreman recommends that women consider using coral minerals for their calcium requirements. Not only are these sources of highly absorbable coral calcium, but they also provide many other key mineral cofactors the body requires to efficiently utilize calcium for bone health. ■

Herbal Pharmacist Dave Foreman can be heard nationwide; visit [www.herbalpharmacist.com](http://www.herbalpharmacist.com) for a complete show listing.

## Resources

To try coral calcium, choose eco-safe, above-sea coral. **Coral Complex** from Coral Inc. is the first powdered coral capsule product in the United States. This formula, which is complete coral minerals with vitamin D3, has become the most popular and successful coral capsule formula in the nation.

**Availability—Coral Complex** is available at many health food stores nationwide. To find a store in your area, call the company toll-free at (800) 882-9577. We also urge you to visit their website at [www.coralcalcium.com](http://www.coralcalcium.com) for information about this vital, mineral-rich supplement.

