

THE MOST EFFECTIVE TECHNIQUE FOR HEALING OSTEOPOROSIS AND SCIATICA

Introduction: Most modern hospitals and doctors use information from western medicine. Western medical training is designed and supported by pharmaceutical companies. Doctors are rarely educated about nutrition, natural cures, and free solutions. Their education is designed to help sell expensive drugs and often unnecessary surgery. Doctors often get false information. Many people in America study alternative medicine. The information here is from websites of the best natural health doctors and physical therapists in America. Some of them are my friends.

I am guessing that your mother suffers with Osteoporosis and Sciatica. Ask your mother if this is correct. I had Sciatica ten years ago. I was in extreme pain from my lower back down my legs. The sensation was similar to burning heat, tingling, numbness, and being stabbed with a knife. The doctor maybe try to sell you expensive surgery. But I promise that this is unnecessary. Before you spend big money, try doing some of these things.

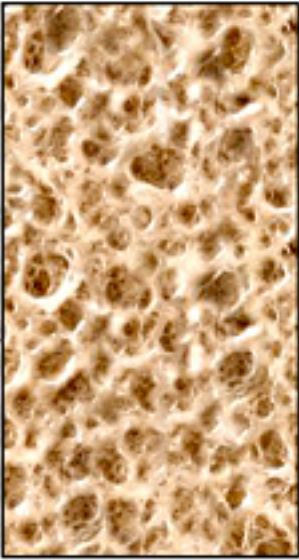
For The Pain

- Homeopathic Pain Killers and Anti-Inflammatory
- Accupressure Massage
- Acupuncture
- Alkaline Water
- Probiotics

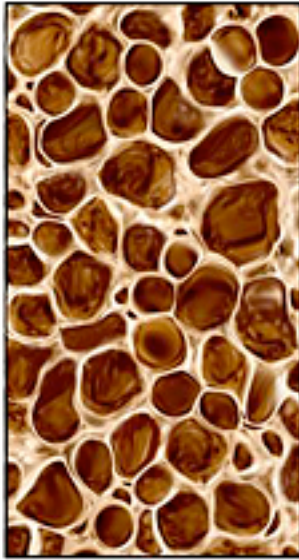
For the Bones

- Magnesium and Silica make Calcium
- Alkaline Water
- Vitamin D
- \ Natural Infusions
- Aryuvedic Medicines
- Spirulina
- Impact Exercises

Normal bone matrix



Osteoporosis



WARNING: Avoid these pharmaceuticals and bad habits. Medications in general...

Some dangerous common drugs prescribed by doctors for low bone density and osteoporosis:

“bisphosphonates” different names being - Fosamax, Actonel, Boniva and Reclast. Then there’s Calcitonin, Teriparatide (Forteo) and even Estrogen replacement therapy (ERT).

[‘Prolia’ a new Bone Drug can create Bone Death](#)

Here are some common side effects of Boniva- High blood pressure, Heart palpitations, Severe kidney disease, Joint, or muscle pain, Severe jaw bone problems, Thigh bone fractures, Back pain, Heartburn, Stomach area pain, Pain in the arms or legs, Diarrhea, Headache, Muscle pain. Flu-like symptoms, Painful swallowing, Chest pain, Severe or continuing heartburn, as these may be signs of serious, Upper digestive problems, Severe bone, joint, muscle, thigh and/or groin pain. 80% of all drugs come from plants. Their alkaloids (the medicinal and often bitter parts) are removed from pharmaceutical drugs. When these alkaloids are removed they do not work correctly and cause stomach and body pain.

Avoid smoking, alcohol, and limit caffeine.

Calcium supplements are popular but often ineffective. They also can cause stomach acidity and harm the body. The best way to get Calcium that will penetrate bones is combining the minerals Magnesium and Silica. These create a better natural calcium that your body will absorb and without the painful problems such as stomach aches.

SILICA + MAGNESIUM = CALCIUM

Eat the foods below for **Magnesium** and **Silica**

+ **spirulina** - green powder food from algae

+ **jiaogulan** - herb of immortality

+ **Vitamin D** - The best way to get vitamin D is to go into the sun a little everyday without sunscreen or sunglasses. Vitamin D is actually a very important hormone. Sunlight provides the body with Vitamin D

+ **nourishing herbal infusions** are one of the best ways to rebuild bone mineralization in the body. Chinese know great herbs for bone nutrients. Bones need protein and these 5 herbs are some of the highest in protein on the planet. Each night you pour boiling water over these herbs in a mason jar and let it sit all night for the infusion. The next morning simply strain the herbs and drink this concoction each day and you'll get amazing immune system results along with building stronger bones.

+ **COOKING WITH COCONUT OIL**

Most common cooking oils are not good. They cause acid in body, high blood pressure, heart diseases. Coconut Oil is the most healthy cooking oil. It is a little expensive but delicious. Replace normal cooking oil with coconut oil.

+ **ALKALINE WATER:**

The Acid/Alkaline Balance

Why is this balance important? When our blood (which will do anything to stay at a regular ph of neutral which is around 7.0) starts to get out of balance, it will pull calcium from the bones in order to stay neutral. The bones can sustain this type of depletion but only for so long.

Most water you buy in the store is acidic. Many problems causing Osteoporosis because of acidic body tissue (low PH). Cooked foods create acid in body. Acidity can cause organs to not function, and give much pain. Very important to find Alkaline water filter or bottles.

When this happens at 30 it's not a big deal. But as the years go on it becomes an ever increasing problem and shows up as osteoporosis, osteopenia, kyphosis, spinal curvatures and more.

MAGNESIUM FOODS

In the same way [calcium](#) is needed to make the muscles contract (when the heart beats) magnesium is needed to make the muscles relax again. The levels of magnesium and [calcium](#) in the blood need to be steady and sufficient. If there are insufficient blood levels of [calcium](#) and magnesium, the body will pull it from the bones and send it to the blood, which can result in weakened bones.

A great natural food for Magnesium is raw or uncooked Cacao. Cacao is the fruit made into chocolate. Bananas, Guava, Kiwi, Almonds and eating together the green powder of Spirulina Algae.

Kiwi



Uncooked Cacao



SILICA FOODS

Silica is a trace mineral, which means the body only needs a very small amount of it to stay healthy. Silica is found most predominantly in the connective tissues - skin, blood vessels, cartilage, bone, teeth, tendons and hair. Silica is really beneficial for the health of blood vessel walls (the aorta is has really high concentrations of silica). Silica is used to keep bones, cartilage, tendons, blood vessels and artery walls healthy. It is also required by the nails, hair and skin to stay in good condition and is useful in counteracting the effects of excessive aluminium in the body, which is implicated in the development of [Alzheimer's disease](#). Silica is also involved in the formation of healthy bone tissue and [collagen](#), the framework which makes the body "stick" together, without which, the body would fall apart.

Flaxseed

Flaxseed is a good source of fiber, lignans and omega-3 fatty acids. Lignans belong to a group of plant chemicals called phytoestrogens because they have possible estrogen receptor properties. The omega-3 in flaxseeds comes from its alpha-linolenic acid, which is a precursor for omega-3 fatty acid. Flaxseed is a whole grain that is available both whole and ground.

[Read more:](#)

Cucumbers have significant amount of silica and reduce inflammation.

Carrot (raw, peeled)

Green beans (cooked)

Banana (yellow peeled)

Brown rice



NATURAL REMEDY FOR PAIN RELIEF

Homeopathic medicines can be very effective. We can buy these at Boot's Pharmacy in Central Mall

Curcumin is excellent because it helps to prevent and reduce inflammation. Curcumin should be taken in capsule form with an enzyme called bromelain because your body absorbs it better. Bromelain is also an anti-inflammatory agent and is used by many doctors to treat pain caused by arthritis

Frankincense is known for its ability to treat chronic inflammatory pain in conditions such as arthritis. This herb helps to greatly reduce pain associated with minor injuries as well.

Massage your mother can do alone by herself **Self Sciatica Massage**

1. Lie on the side that you are NOT experiencing symptoms
2. Support your head with a pillow and put a second pillow between your knees
3. Using the heel of your hand apply pressure to the muscles of your buttocks or gluts
4. Work slowly making small circles with the heel of your hand to warm up the muscles
5. Work the entire area
6. Then take your finger-tips and repeat with pressure and circles
7. Then using your thumb and fingers lift and squeeze the tissue together working the entire glut area
8. Then take your entire hand and glide the hand over the gluts
9. Next using your thumb we are going to work 5-spots on your buttock muscles with a simple acupressure technique
10. Apply thumb pressure to the fleshy area of the buttocks/gluts close to your spine
11. Apply pressure for 15-30 seconds, breathe and release your thumb
12. Move to the next spot (@1-inch away) following a line from your spine to your hip
13. Repeat applying pressure for 15-30 seconds at each 5-spots staying on muscle tissue
14. Work the entire area slowly and remember to breathe
15. Repeat if an area needs more work
16. Next take your entire hand and glide the hand over the gluts
17. Turn over and repeat on the side where you are experiencing pain

Sciatica Massage can be done daily and whenever you are experiencing symptoms. You can never overdue this self-treatment.

Remember... never cause yourself pain. This should feel wonderful and relaxing. If you experience pain, numbness or tingling ease up on your pressure or stop the procedure completely.

EXERCISES

- REBOUNDING



Astronauts living in no gravity for many weeks lost bone density. Science discovered is very important to do exercises with impact and weight. This rapidly increases bone density.

[_Watch The VIDEO of exercises Click Here](#)

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Rebounding on a mini trampoline is a great Osteoporosis exercise as it can help you in your effort to strengthen your bones. It is also a way for natural weight loss and natural stress relief. People who suffer from depression, stress or anxiety often experience Rebounding as the soothing, calming and rejuvenating. Rebounding also triggers the body to produce Serotonin, the happy hormone with the result that after about 5 minutes of Rebounding, you will get the big smile in your face. Have fun! More about Rebounding and its great health benefits at <http://www.QiBouncing.com>



INVERSION EXERCISES

These are pictures of simple exercises for stretching the spine. You can make yourself and your mother can do these if they not give pain for amount time she enjoys.

Traction: Traction creates openings in the joints between your vertebrae, as gravity pulls on your hanging torso. The opening relieves pain caused by pressure on spinal nerves and discs.

- **Stretch:** Much low back pain comes from tension in the muscles of your low back. The Inversion Sling stretches low back muscles when you hang with your thighs at right angles to your torso.



EARTHING

New scientific proof was discovered in the last 5 years about the healing powers of grounding. These are simple exercises that can really make big changes in the body.

Walking, standing, or sitting on earth without shoes or clothes creates an electrical connection that can change your life. Wet grass is very effective connection. Sleeping naked on the ground for a night or two can help end pain and inflammation very quickly. It takes about 20 to 30 minutes to reach sites of pain and inflammation and then begin neutralizing the inflammation. When a study participant says that pain has started to ease we regard this as a sign that the electrons have arrived at the pain site and have started to “go to work.”

Sleeping grounded through the night produces many beneficial results, such as better and deeper sleep, more energy during the day, and less pain

Electrons may even be attracted to those sites because electrons have a negative charge and free radicals, involved in the inflammatory process, have a positive charge. Once the free radicals are neutralized, we hypothesize that the destructive action on healthy tissues is abated, leading to a reduction of pain, sometimes quite fast and dramatic. Other disturbances in our bodies are often caused by chronic inflammation. Such inflammation is, in turn, caused by positively-charged molecules called free radicals. When you make direct contact with the Earth, either by being barefoot outside or via a conductive sheet or mat indoors, the negatively-charged electrons from the Earth are absorbed into your body and reduce the free radicals and inflammation. This is our theory and it is supported by our research and feedback from thousands of people who use Earthing products.

This benefit of Earthing is very important because medical research has found that many of the chronic and debilitating diseases of our time have the same cause: chronic inflammation. Scientists now realize that pain and disease arise in our bodies where an inflammatory response has taken place, but the inflammation has not completely stopped after the healing process. A low level of chronic inflammation can continue for years, damaging normal tissues and wasting energy.