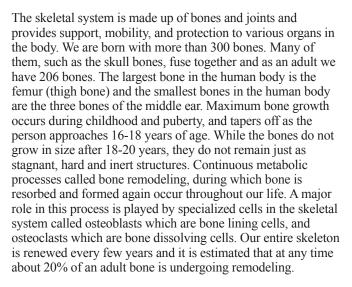
Health Science News Page

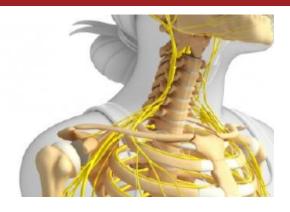
Exclusive Information from the Dr. Rath Research Institute

MICRONUTRIENTS ARE NEEDED FOR **SKELETAL SYSTEM**



The framework of bones is made of collagen, a protein on which minerals are deposited hardening the entire structure. The overall health of our bones and joints depends on the optimum production and structure of collagen. Bones provide more than structural support and protection to body's organs. They are an important reservoir for minerals, such as calcium and phosphorus. These minerals are essential for maintaining heartbeat, muscle contractions and other functions. With their insufficient intake these minerals are taken away from the bone in order to keep their optimum level in the blood. The bone also shields marrow where various blood cells are produced. Certain lipids are also stored in bone marrow acting as energy

Just like other cells in our body, the cells building the bones need multiple micronutrients, not only calcium and vitamin D. Vitamin D is essential for optimum absorption of calcium, the



most important mineral in bones. Additionally, vitamin C and the amino acids lysine and proline are critical in building strong and healthy collagen which in turn forms the strong internal skeleton of bone. The alignment of collagen fibers determines how calcium and other minerals are deposited and assures metabolic stability and strength of the bones. However, there are other nutrients that build maximum bone mass and includes the B-group of vitamins, vitamin K, and minerals such as copper, phosphorus, magnesium, boron, and zinc.

A healthy diet, exercise, and a synergistic combination of micronutrients are essential to maintain healthy bones. A chronic deficiency of these micronutrients can lead to weakening and mineral depletion in the bones. When the rate of bone dissolution is higher than bone formation, a net bone loss occurs leading to conditions such as osteoporosis (thinning bones) or osteomalacia (failure of bone mineralization) which can lead to deformities. Due to the modern sedentary lifestyle of humans, bone diseases such as osteoporosis are not limited to the ageing process. Women who are as young as 25 may also experience initial stages of osteoporosis. Other factors, including an estrogen, testosterone, or parathyroid hormone imbalance, can affect bone metabolism.

Most of the micronutrient supplements recommended for bone health contain mainly calcium with or without vitamin D. However, if collagen is not formed properly, then calcium and other minerals cannot be optimally incorporated in the bone and thus optimum strength and stability of bone tissue cannot be assured. Therefore, it is important to pay attention to the ingredients and proportions in bone supporting supplements and to choose supplements that synergistically support the strength and function of the skeletal system.

This information is provided to you by the Dr. Rath Research Institute a leader in the breakthrough of natural health research in the field of cancer, cardiovascular disease and other common diseases. The Institute is a 100% subsidiary of the non-profit Dr. Rath Foundation.

The ground-breaking nature of this research poses a threat to the multi-billion dollar pharmaceutical "business with disease". It is no surprise that over the years the drug lobby has attacked Dr. Rath and his research team in an attempt to silence this message. To no avail. During this battle, Dr. Rath has become an internationally renowned advocate for natural health. Says he: "Never in the history of medicine have researchers been so ferociously attacked for their discoveries. It reminds us that health is not given to us voluntarily, but we need to fight for it."

This information is based on scientific research results. It is not intended to substitute for medical advice to treat, cure, or prevent any disease. © 2018 Dr. Rath Research Institute | Santa Clara, California, USA. We encourage the distribution of this News Page, provided its content remains unaltered.

