Beyond Calcium: The Real Keys to Bone Strength Transcript

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Introduction to Bone and Joint Health

best thing you can do is prevention and the bone needs a stimulus to grow. And one of the best things you do is exercise, but you need to give the bone and the muscle and the joint a stimulus so that it grows stronger and more complete. About half a bone is minerals, but you have these other growth factors in there too. So it's the stimulus of the exercise in the training, the tennis playing, whatever it may be that will give the bone a reason to remodel. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Welcome back to another edition of Holistic Truth. I am Jamie Dorley, CEO of Nutritional Frontiers with my partner in crime, the one and only… Christine Genovese, the creator of the Soul Intelligence Method. And today we're going to touch on one of our 12 wellness solutions, bone joint and inflammation. Well, not only one of them, the original one, and I know this one really applies to you as a competitive athlete and tennis player. So let's jump right in, Christine. This is really exciting. Awesome. You know, one of the key things, you know, we look at osteoporosis, right? um We try and improve mobility, uh joint pain. You know, they're really the goal is to um help prevent, of course, manage any injuries, any fractures, any muscles, and then we're going to help try and rebuild all these things together. So interesting fact about um osteoporosis. one in two females will suffer an osteoporitic related fracture in their lifetime. And now it's one in six males. So it's not- And do you want to know why from an energetic perspective, Jamie?

Understanding Osteoporosis and Its Causes

I would love to hear it, Osteoporosis occurs when you're feeling weak, unsupported or limited, like holding on to guilt or resentment. you know, perhaps that's one of the reasons why when you get to that age, you're like, You're not willing to take responsibility. There's a lot of self-neglect and you could be carrying a heavy burden for others or maybe even feeling lost or disempowered. Yeah, and there's two types of osteoporosis, right? There's the, they call it senile. That's where you age and it's a slow bone loss over many, many years. So we've seen relatives and loved ones, you know, 80, 90 years old. get the hump in the back. The old thing used to be, they fell and fractured her hip. Now they're saying the hip fractured and they fell. uh And we understand that one. The one that's more concerning is the uh menopausal osteoporosis. I just had a client call me. She says, I'm losing bone rapidly and she's only in her 50s. Those are a lot harder. The challenge there is more hormonal related. Yeah, and that's really when it's, especially for women, like feeling lost or disempowered, isolated, ashamed, almost like your world's falling apart, you know?

And a lot of it has to do with having difficulty speaking up and asking for what you need. And when I think about this, I think about one of my relatives that I know you know pretty well, Yes. And it really hits home, right? When you hear those situations occurring. So we do have some great solutions for you. That's the good news. And in fact, when I first got into wellness as a American College of Sports Medicine certified personal trainer, a lot of my clients, interesting enough at the time, were like 40 to 60 year old females. And the number one reason they hired me was that they had seen a relative suffer from osteoporosis and they didn't want to go through that. So the best thing you can do is prevention and the bone needs a stimulus to grow. And one of the best things you do is exercise. I know you're…

uh State champ in tennis. I know you've been doing the weights lately I've always worked on doing Pilates and weights but you need to give the bone and the muscle and the joint a stimulus so that it grows stronger and more complete about half a bone is uh Minerals, but you have these other growth factors in there, too So it's the stimulus of the exercise in the training the tennis playing whatever it may be that will give the bone a reason to remodel. Okay.

Exercise, Nutrition, and Bone Remodeling

So I see that there are a lot of key factors that, you know, affect osteoporosis like diet and movement. And I know

three things that we really focus on are the calcium, vitamin D and vitamin K2. Yeah, you know, the old school was just calcium, but the doctors were recommending 1500 milligrams of calcium carbonate that does not get in the bone. And what would happen?

You get calcification in the blood. So heart disease that used to belong mostly to men. I wonder why that is. We can look that up later. You know, now it's actually, um it's affected females too. And the reason is, is calcification in the blood. So diet, get off dairy products.

Broccoli has more usable calcium than a cup of milk. So number one, get off dairy products. Get off sugars and processed food. You want to eat real foods. um Second, you gotta give the stimulus to the bone to grow. and then the right nutrients, it's not just calcium. You need vitamin K2 to go around and clean up the calcium and drive it into the bone. So this is more of a K2 issue than actual calcium issue. Awesome. And we look at it overall with mobility, know, osteoarthritis comes into play for this too. uh You know, you got rheumatoid, you got osteoarthritis, you got joint degeneration. So what's going on here is that The joint is inflamed and you have a breakdown of tissue over a long period of time. Have you suffered from any joint issues with all your years of tennis? Why, yes I have. have a hip, I actually have an artificial hip that was uh on my right side and I've been having hip issues on my left side which is kind of freaking me out because I don't have to have any other surgeries.

But yeah, definitely. I know. You know, a common reason for total hip and knee replacement surgery, right, is osteoarthritis. Yeah, and you know, you gotta give the nutrients for the body to rebuild. So if it's for the bone, the connective tissue, the ligaments and tendons, or it's actually for the cushion, the cartilage on top of the bone. So someone, for example, with knee pain, and they go to the doctor, and the doctor says, oh, you have bone on bone. But it's partially true when you look at joints overall, um if it was completely bone on bone, you wouldn't be able to stand.

Calcium, Vitamin D, and K2 for Bone Support

But it acts as a shock absorber, just like you have with your car. um you gotta rebuild that cartilage in there so that you can take the pounding when you're up or down stairs, when you're running or walking, if you're moving or lifting things.

So one of the key things to do is to give the nutrients such as hyaluronic acid, glucosamine, MSM they all build up these shock absorbers and now think of an ankle smaller joint or wrist But when you get to the knees and then think about the hip So someone is having an issue with their hip We need to go higher doses and give it more time to rebuild these but a lot of joint pain occurs because You have a breakdown in the tissue and that the arthritis is set in however You can help this You know, in fact, we had one of our clients, Dr. Ray Vactor chiropractor. He taught him meniscus in his knee and we put them on H a plus first month. Not a lot of relief. Second month, about halfway through the third. He called me and says, can this be working? Now here we are. I'm like, I don't know. You tell me doc. And then here we are. It's at least seven years or eight years, maybe longer. And he still has not had to have surgery on the meniscus. So Think of prevention as the key. Diet plays a huge role in this and so does nutrients. So you got to have a program that addresses all those aspects. Well, generally when we're talking about joints, we're talking about um flexibility or rather inflexibility, right? With knees, it's like control or blame or judgment, anger, resentment, frustration, like all of those kinds of things. It depends on which knee it is. The right side of the body tends to be the male side and the left side tends to be the female side. it's really kind of interesting when you start diving into it.

Whereas hips in particular are more about just family problems or disagreements. Maybe feeling like unappreciated, used, angry, betrayed, deceived, let down, shot down. So it depends on which area of the body we're talking about that's having the joint issue. This is fascinating.

Joint Degeneration and Arthritis Relief

You think my knees would be shot after hearing that? They're pretty good. I always want to be taller, but I do have one advantage of being a little shorter is that my joints are pretty strong and stable. This is really interesting because, know, if you look at the medical approach, right, NSAIDs, nonsteroidal anti-inflammatory drugs, these are

miracle drugs, but they were designed to be used for 24 to 48 hours. The new selective COX-2 inhibitors like Celebrex and Vioxx You know, they only release half the research for about six months, because here's what happened with the NSAIDs. There are some of these COX enzymes that in certain tissue, they repair mechanisms, like in the gut. So if you take NSAIDs chronically, you're at high risk for GI issues, liver, kidney, and then, you know, a lot of people have hospitalizations and even deaths. So there are over a hundred thousand hospitalizations per year from NSAID use. chronically use and says and they found from the surveys Christine is that the users are chronic users and heavy users right and Not a good strategy long-term. I remember years ago when my son was in high school the one kid on the football team He heard his shoulder.

He was a senior had a chance for the championship that year He was taking the proxen a leave by the handfuls and his parents found him in the kitchen true story laying down He had stomach bleeding So this is a real big issue, folks. We have solutions that you can use from nutritional frontiers like SPM, X-flame, green lip muscle, Inflam, that will help you. So when you look at it first, let's look at what do we do to rebuild the bone? We have the Supercal Plus, one of our first formulas ever. Now we do use a certain type of calcium, MCHC, microcrystalline hydroxyapatite compound. These are from Cattle. from New Zealand and the MCHC is live bone food. There's actually protein growth factors in there that are live and elemental calcium.

In addition, we use things like magnesium bisglycinate and a two to one ratio uh and we're using the K2 but the right type of K2 because most K2s on the market are unstable. So we use a patented research trademark version called Vita MK7. Our partners were just down here last week.

So a really exciting Supercal Plus. This will rebuild any of the bones and give you all the mineral support you need. You can use one for prevention, two to three if you have osteopenia, which is bone loss, and osteoporosis you need for. Osteoporosis actually holds in the bone.

In addition, we have a Superk2 Plus. I like this because it gives me the vitamin D I need every day. It gives me the K2 and also… the support nutrients. So we have a couple different options with you. Vitamin A, K2 and D are very deficient. So that's why we put these two together to get a higher dose. The K2 will actually drive the calcium inside the bone. Awesome.

NSAID Risks and Anti-Inflammatory Alternatives

Well, this is one of my favorites, HA+. Uh oh, why is it your favorite? I thought that was your favorite. Now HA+. Yes, collagen is in it. The collagen that we have in it, the biocell collagen, because Not only does it help lubricate the joints, but it also helps with those fine lines and wrinkles. You don't have any fine lines or he wants to talk about wrinkles. is why.

Well, HAPlus got a great story. We hear about collagen all day long these days, right? We've had HAPlus before Nutritional Frontiers, Dr. James Weiner, one of the co-founders. He actually had HAPlus in his own label. And why we do HAPlus with the biocell collagen? Because hyaluronic acid is a very big molecular weight. It's hard to absorb orally. So what have people done over the years when they go to a doctor? They get injections or creams. However, very expensive and very painful. So Biocell, and actually 2004, the Newport Beach, California, launched their really groundbreaking study that was published in JANA. And it shows the data here in the next couple slides, but. What they did is they reduced the molecular weight to 1 600. So it absorbs orally, it actually gets into the bloodstream in four hours. It peaks in the blood in about 12 hours. So we get it in the blood. Now the part to the study is that can we get it into the joint? And they found that they actually drive it into the joint, the metabolites are there one 600 to size and and not only gets in the joint, but it stays there for 28 days.

That's why with Dr. Ray with the meniscus tear, it took some time to build up to where you start feeling the benefit. My dad uses it. You met my dad, 85 years old. He's had a bad knee since high school. got an injury and he swears by the H a plus and he takes it every day and he's still golfing and bowling and doing all kinds of activities. And this is a steady state, um, you know, results on this. So the cool thing about the biocell it's got type 1, 2, and 3 collagen. It also has hyaluronic acid and naturally occurring conjoin sulfate.

So it's a matrix of nutrients. That's why we use the PRT. And this actually shows a difference in the absorbability of

the biocell versus regular collagen. Much more bioavailable.

Bone and Joint Supplement Solutions

So we've got the X flame coming up next. Yeah, so the H8 Plus will rebuild, but sometimes if you have a fire, forbid, in your kitchen, you need to cool down the fire first. So we have two PRTs in here. You familiar with DMG? I am familiar with Darn Mighty Good. DMV, thiamethylglycine, otherwise known as darn mighty good. Three US patents, one for OA, using that with the green lips. Another one for RA, rheumatoid arthritis, systemic inflammation. So a lot of great research on that. We use some other support, herbs that people familiar with, like boswellia and turmeric and cayenne pepper. So this is a formula that we've incorporated with the Cre-Celazine. uh And if you look at esterfied fatty acids, they're really potent anti-inflammatories. This formula has been around for over 10 years with incredible research and results. Now the Inflam, we took a little different approach. Some doctors want a completely herbal blend, and that's where you get it here with the Inflam. So a slightly different approach. This has the curcumin.

You familiar with the curcumin? I am. It is That's our turmeric extract. Yeah, and it's 46 % more bioavailable than generic turmeric. It's actually been studied on US patients.

The only curcumin that's actually been studied on US, usually they're studied on people from India, have a high, the diet has really got a tremendous amount of curcumin in it. uh greatest studies on that. Curcumin, fantastic. We have it as a standalone, plus in the Inflam. So, either use Inflam or X-Flame. to cool it down and then use the HA+. Which one do you like?

I like HA +, with our X Flame. That's my go-to combo. And then of course, for helping to lower chronic inflammation, our SPMs. And how many of our HA +, do you take a day? Usually it's two HA, two X Flame, and two SPMs. Kinda keep it. I know you're a humble girl, but you know state champ in tennis. You've been playing a 3.5 level up to 4 level She plays in the female really competitive league and you know they have the mixed double league and she's really been doing fantastic down there and You know you've been able to move around the court This is after you've had some joint issues in the past so you're a walking testament of how important these nutrients are so crease cellosine Another one with a double-blind placebo-controlled study, US patents on this. Go to the next slide, actually, it's really interesting is that they compared it as Christine versus NSAIDs. NSAIDs are like Advil or, know, Aleve, those type of things. And the people on just a creosalazine had 100 % reduction in ankle and foot pain.

You know anyone with any ankle pain? Well, I did roll my left ankle about, I don't know. I think we're getting about eight weeks ago. And I really had a lot of pain with it.

Inflammation Support and Recovery Protocols

I was very surprised. I had a lot of inflammation. So I definitely used my trifecta, which is the SPM, the X-Plane, and the HA+. But I also started to take a couple other things to help.

I looked at an enzyme, or a side enzyme, to kind of get all the debris out. And I also used green lip muscle. To also help me and that helped me recover. I think a lot quicker and got me back on the court Within about you know five weeks of doing it and when I looked at what is my left ankle? What was that all about? And it was difficulty listening to my own counsel like not paying enough attention to me Belief that I you know had to be a slave to Others whether that be my partner or my work And not spending enough time nurturing myself and discovering what was important to me. So I got a divine time out to help me heal You sure did and I tell you what it was powerful. Everyone felt it. So we're you're getting back to 100 % So this ingredient crease alzine for ankle and foot pain 80 % for neck shoulder elbow wrist and hand and even 70 % in knee pain. That's just on that one ingredient you get the synergy of all the nutrients. And I love hearing your story, Christine, is that you can take these and create your own protocols, right? Depending on what the issue is right there. And here's some of the testimonials. You wanna highlight some of these for the people? Sure. I mean, we've heard from people saying, you know, that it works so well that they didn't even notice the pain. It only took three or four days, you know, to kick in. That was someone that had back and knee pain. Certainly somebody else had talked about em how they felt it worked better than any actual drug they've used for like bilateral arthritis and swelling in their knees. um And, you know, another person

who had shoulder pain also endorsed this ingredient.

So Jamie, why don't you remind everybody again where they can find the Cre-Celizine? What product is it in? The Cre-Celizine is actually in the X-Flaim. Awesome. Utilize it by itself with 280 patients initially about 17 years ago I'm down at the old pain release clinic, but the way I like to position these is one is um if we need help more with bones, right?

Let's look at the supercal plus and the super K2 plus if we're looking at more joint health Let's cool it down with the X flame and in flam and then let's rebuild it with the HA plus the great thing about the HA plus is that you get some positive side effects on that because you had mentioned wrinkles and skin. Half the research on the biocell is for skin.

And what they found is that it can hold about 10 times the hydration level.

Closing Remarks and Where to Learn More

So when the skin's dehydrated, like you see a smoker, their skin's really bad, the HA Plus will actually bring hydration in there, bring water in there, and the collagen is a building block to healing that tissue. So great for joints, hair, skin, and nails. Well, Jamie, if people want to learn more about our bone joint and inflammation wellness solution, where should they go? They should go to nutritionalfrontiers.com, go to the catalog section. We have all of our wellness solutions in booklets. And also, if you're healthcare professional or a staff at an office or a manager, if you're a client or not, contact us directly at Nutritional Frontiers. is that we can do Zoom trainings depending on where you're located. And in addition, we may have a outside field support person that can come to your office. Or if you're really cool, me and Christine may fly in to meet with you. Well, I hope everybody joins us in helping to make the world healthy physically, mentally, emotionally, spiritually, energetically, in all ways. Until next time, we'll talk to you again on the Holistic Truth. Thanks, everybody. Have a great month. Thank you for tuning in to Dr. Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being. For more insights and strategies, subscribe to our podcast and visit our website, www. DrTalks.com. Stay connected, stay healthy, and join us next time on Dr. Talks, real talks from real doctors on the issues that matter to you most.