

## An Attempt at Treating Osteoporosis ‘the Natural Way’

*Sibylle Eichstaedt, with invaluable input from Dr Philip Incao*

Four and a half years ago I fractured my wrist and was subsequently diagnosed with osteoporosis. Whilst my GP at the time recommended that I take the prescription drug which typically contains biphosphonates, I consulted with other anthroposophical doctors as well as with a friend who is a mainstream orthopaedic surgeon. All of them advised me to “avoid biphosphonates like the plague”, explaining that in the long run it makes the bones brittle rather than strong and has too many negative side-effects. I gathered everyone’s much appreciated, varied advice, which I thought complemented each other, and subsequently put together my own ‘regime’.

After my recent scan – the first since my fracture – I was delighted to learn that my bones had improved and were now only in osteopenia range! It is my hope that over the next few years they might get even better. This improvement has inspired me to write about my experience.

With his kind permission, I would like to share what Dr Philip Incao, anthroposophical doctor in Crestone, Colorado, USA, wrote to me at the time:

1. Biphosphonates poison the cells which remodel bones, thus allowing the accumulation of old bone and the *appearance* of greater density on scans. After a few years on these horrible drugs, the unrenewed bones are more brittle and more prone to fracture. Reports are growing of women breaking their thigh bones from minor stress after taking such drugs a few years. There are other devastating adverse effects, such as esophageal cancer and disintegration (necrosis) of parts of the jaw bone, which might require reconstructive surgery to correct.
2. The most important factor in fracture prevention is bone elasticity, not bone density. We never hear anything about elasticity, because there is no drug available that improves it! Elasticity depends on the life quality of the protein fibers that form the bone framework into which the calcium crystals are deposited by the body. Thus the elasticity of these bone framework fibers depends on the strength of the etheric relative to the astral. The cause of osteoporosis and of fracture-prone bones is a predominant astral, caused by stress, overstimulation, poor diet and astral influences like caffeine, sugar, drugs, tobacco, alcohol, etc. The remedy is to maintain the strength of the etheric and Ego so that these in turn can control our astral. The astral is acid, the etheric alkaline. An acid system leads to osteoporosis.
3. Eating more milk and cheese does not help osteoporosis at all. You will get more usable calcium from leafy greens and from roots like carrots, beets, turnips and from a diet rich in vegetables & fruit, organic or BD if possible.
4. In addition to diet and lifestyle, the natural remedy that really does maintain bone density as measured by scans is strontium citrate. Many naturopaths use it but most M.D.'s are unaware of it. No anthroposophical regimen alone I know of will improve bone density on scans. I use with my patients a product which has strontium and

trace minerals like boron etc. You can order it yourself directly from [www.progressivelabs.com](http://www.progressivelabs.com) in Texas. You can also take some calcium (always apart from the strontium), and some magnesium in the evenings.

5. The most important thing is to avoid biphosphonates like the plague!

It is important to note, however, that recent medical research has found a correlation between calcium supplements and increased risk of arteriosclerotic heart disease. Anthroposophic medicine emphasizes that every food, substance, supplement taken into the body must be 100% annihilated and spiritualized by the body's metabolic forces. Any untransformed outer substance remaining in us acts like a foreign body and can then be deposited in our tissues, where it causes irritation and leads to a process of sclerosis, i.e. deposition and hardening/stiffening in us.

From this perspective the loss of bone mineral density with aging is a less important health risk than the loss of bone elasticity discussed under 2. above, and the taking of mineral supplements may do more harm than good. Further research is needed!"

In the following I would like to share which course of treatment I followed, but the reader should bear in mind **that this is a personal story and not a medical blueprint!**

I discovered a **plant**-based calcium supplement made from algae and supplied by a company called AlgaeCal, who also supply strontium citrate. The body is said to absorb plant-based calcium much better than mineral-based calcium. Together with the strontium citrate it is said to stabilise the bones in ways Philip describes above. In the dark season, I also take some extra vitamin D. To support this process at a different level, I have been taking the following anthroposophical medicines: phosphorus 8X or 10X , argentum met praep D8 and plumbum mellitum D6 (not to be confused with 'plumbum metallicum'!). I also applied natural progesterone cream which is known to support bone-health. I drastically reduced my intake of ordinary tea which is acid forming, as Philip pointed out how important it is for bone health to keep one's body in an alkaline condition (luckily I have never been a great coffee drinker). Lots of walking and a combination of weight bearing and stretching exercises were also recommended. This does not mean that you have to join a gym and use the big weight machines: regular exercises done at home with lighter dumbbells or a terra band will suffice.

A few vertebrae of a friend of mine collapsed after a fall as a result of unrecognised osteoporosis. She, too, has been following many aspects of the above-mentioned approach to treating it, and she recently told me that her bones are now in the age-appropriate range.

I would like to express my special thanks and appreciation to Dr Philip Incao, Dr James Dyson and Dr Wolfgang Quante whose encouragement and guidance were invaluable!

*Anyone interested in the supplements or any other aspect of what I shared please feel free to contact me by email or phone: E:  
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