It’s Halloween! Let’s Talk About Bones



The decorative skeletons I’ve been seeing everywhere got me thinking … what better time than now to talk about *our* bones?

Wouldn’t it be great if, like those Halloween decorations, we could actually *see* our skeletons to determine our bone health?

We can’t exactly squeeze our arms and feel brittle bones, right? And waiting around to see if a bone breaks doesn’t sound very effective.

Yes, yes. I know we can see our bones through x-rays, and we can certainly undergo bone density tests.

But do those tests really show us the entire picture? I've long wondered about the accuracy of bone density scans and recently ran across some research in support of this skepticism.

That research, through two studies, determined that body size – meaning your height and weight – can skew the results of bone density tests.

Put more simply, the bone density tests of petite women may show they have lower bone density than they actually do!

These are theories.

And you know how it is with theories: There are those that indicate inaccuracy in bone density testing and still others that contradict them.

But, in light of these conflicting theories, I propose that we need to err on the side of caution – take a second (or third) look at the tests themselves and the accuracy of the conclusions drawn from them.

The rationale behind a bone density scan is that one can observe how thick the inner workings of the bone is.

But, I wonder if there is more to it? The human body is infinitely more complex and sophisticated than what is sometimes assumed.

I like to compare the perceived accuracy of bone density scans to the outward appearance of different styles of bridges. Just because a bridge may not *appear* to be strong, does not necessarily mean that it's weak.



Think about stone bridges that were built before the turn of the last century and the modern, more spindle-like ones that we build today.

The thin, sinuous ones are just as safe and sturdy as the bulky, thick ones. The components of the bridge may *look* different, but the effective functionality is still there – a safe and supportive structure.

And so it may be with our bones.

I'm not saying that bone density tests are of no value. But, in light of studies that now imply inaccuracy, particularly depending on body type, I'd like to keep an open mind.

If we can't be 100% positive about the accuracy of bone density testing, then what *should* we do?

Super simple. Nutrient-dense meals. I've shared the recipe for my No-Nonsense Bone Broth in a previous blog. If you missed it before, click here.

In addition to nutrition, we can also take care of our bones with homeopathy – of course!

It bears repeating that *Calc phos 6 (Calcarea phosphorica)* is the premier remedy for improving bone density. While homeopathic remedies are not supplements, *Calc phos* 6 can be taken to increase the strength of bones when they're weak.

If there is truly a pathology – say, breaking bones too frequently or easily – *Symphytum 200* may also be added to the schedule.

But again, *Symphytum* 200 is used *only* if there is a true pathology.

We ALL need to take care of our bones every day … That way, we won't need to depend on the accuracy of assessment tools or bone density tests. We'll already be one step ahead!

If you would like to learn more about bone density, osteoporosis, and other issues that affect women, I invite you to consider my course, *Feminopathy*.

Meanwhile, get cooking, keep your pot full of bones, and smile at the seasonal skeletons – knowing you've been taking care of your bones all year!