ABC+D Approach

Session 14: The Structural System

Bones
The Foundation of a Healthy Body

- Support the body and help maintain structural alignment
- Store minerals
- Build white and red blood cells
- Protect brain, spinal column and internal organs from injury

Weston Price

- Dentist who traveled the world in the 1930’s studying native people living on traditional diets
- Native people had 10 times more fat-soluble vitamins and 4 times more water-soluble vitamins in their diets
- Mineral content of foods was also much higher

Native People

- Had little or no tooth decay
- Wisdom teeth did not get impacted because jaws were wider
- Arthritis was essentially unknown
- Dental and bone health went hand in hand with general physical and mental health
- Tooth decay and bone weakness are signs of nutritional deficiency

Bones (and Teeth) Are Constantly Regenerating

- Osteoclasts are cells that break down bone
- Osteoblasts are cells that build bone
- Repairs to injured bones are done much like repaving a road
- Injured bone is constantly being removed and replaced

Keys to Bone Health

- Adequate Mineral Intake
- Exercise
- pH Balance
- Structural Alignment
Adequate Mineral Intake

Calcium supplements aren’t the answer to bone problems

More Than Calcium

<table>
<thead>
<tr>
<th>Macro Minerals</th>
<th>Trace Minerals</th>
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<tbody>
<tr>
<td>Calcium</td>
<td>Iron</td>
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<tr>
<td>Magnesium</td>
<td>Molybdenum</td>
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<tr>
<td>Phosphorus</td>
<td>Copper</td>
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<td>Chloride</td>
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<td>Potassium</td>
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<td>Iodine</td>
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<td>Cobalt</td>
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Calcium

- Most abundant mineral in the body
- Essential to maintaining total body health
- Needed for strong bones & teeth
- “Borrowed” from bones when blood calcium levels drop
- Is also critical for controlling the beat of the heart - contraction
- Role in cellular communication

Poor Bioavailability

- Calcium carbonate (chalk)
  - Dolomite
  - Oyster shell
  - Coral calcium
- Bone meal
  - May contain lead or other contaminants if not from New Zealand
  - Still difficult to assimilate
- Dairy products

If dairy is such a great source of calcium, how come the countries with the highest incidence of osteoporosis are also the countries which consume the most dairy?
Problems with Calcium from Dairy Products

- Calcium is bound to casein. Humans don’t have the enzymes to separate casein from calcium like calves.
- Cow’s milk is too high in phosphorus, not enough magnesium.
- Pasteurization binds calcium to phosphorus forming calcium phosphate, which is difficult to assimilate. It also destroys nutrients that help in calcium assimilation.

Great Sources of Calcium

- Organic yoghurt and other cultured dairy foods
- Dark green leafy vegetables (collard greens, spinach, turnip greens, kale, beet greens, Chinese cabbage, dandelion greens)
- Canned sardines
- Canned pink salmon with bones
- Black strap molasses
- Homemade stock

Soup Stock

- Scraps of bone from chickens, fish and meat were traditionally simmered to creates stocks
- Stocks contain
  - Gelatin
  - Collagen
  - Glucosamine
  - Chondroitin
  - Minerals for healthy bones and joints

Skeletal Vitamin and Mineral Formula

- Vitamins A, C, D
- B6 & 12
- Calcium, Iron, Phosphorus, Magnesium, Zinc, Copper, Manganese, Potassium, Boron
- Horsetail
- Papaya
- Parsley
- Pineapple
- Valerian Root
- Licorice Root

Posture and structural alignment are important to skeletal health

Osteoporosis

- Bone loss
- More bone is broken down than is built up
Osteoporosis

- Porous bone due to bone loss
- Caused by imbalances in bone remodeling
- More bone is reabsorbed than new bone is laid down
- Can be prevented and can often be significantly reversed

Osteoporosis Prevention

- Adequate intake of calcium, magnesium, silica and other bone-building minerals
- 1,000 IU/day of vitamin D3 to help the body absorb calcium properly
- Weight bearing exercises
- Balance hormones
  - Black cohosh
  - Progesterone Cream

Vitamin D3

- Most active form of D
- Produced in the skin by exposure to sunlight
- Helps the body utilize calcium and phosphorus
- Can help prevent and reverse bone loss
- Also helps immune system

Sources of Joint Irritation

- Chemical stress
  - Nutritional deficiencies
  - pH imbalance
  - Toxins
  - Infection
- Mechanical stress
  - Injury
  - Poor posture
- Emotional stress

Rheumatic Diseases

- Over 100 conditions are classified as rheumatic diseases
- They have in common: pain, stiffness, swelling in joints, muscles, tendons, ligaments and bones

Rheumatic Diseases

- Ankylosing spondylitis: tendons & ligaments around the bones & joints in the spine become inflamed
- Bursitis: fluid-filled sacs that cushion and reduce friction in the joints become inflamed
- Fibromyalgia: pain & stiffness in muscles and other tissues that support and move bones
**Rheumatic Diseases**

- **Gout:** sharp, crystalline deposits of uric acid concentrate in connective tissues & joint spaces
- **Osteoarthritis:** most common degenerative joint disease where the cartilage that cushions the ends of bones within a joint wears away
- **Psoriatic arthritis:** most often affects the joints at the ends of the fingers

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**Rheumatic Diseases**

- **Rheumatoid arthritis:** inflammation of the lining of joints in the hands & feet
- **Systemic lupus erythematosus:** immune system attacks the body's tissue
- **Tendonitis:** inflammation of the tendons that connect muscles to bones - usually caused by overuse or injury

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**Natural Anti-Inflammatory Remedies**

- Omega-3 Essential Fatty Acids
- Antioxidant Mangosteen and Berry Drink
- Anti-Inflammatory Pain Relief Formula
- Paavo Airola’s Arthritis Formula
  - Anti-Inflammatory Nervine Formula

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**Corticoids**

- Mimic the adrenal hormone cortisol, which reduces inflammation
- Corticoids relieve pain but have short term & long term side effects
- Do not address underlying causes of inflammation

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**Herbal Remedies With a Cortisol-Like Action**

- Licorice
- Wild Yam
- Yucca
- Adrenal Glandular Formula

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**Hot & Cold Packs**

- Heat increases blood flow
- Improves flexibility
- Increases pain tolerance
- Cold numbs nerves around the joint
- Reduces pain
- Relieves inflammation & muscle spasms
**Lymphatic Massage**

- If you can massage the pain away you can probably get the area to heal
- Secret is to massage again before the pain returns

**Supplements to Rebuild Joints**

- Anti-Arthritic Formula
  - Glucosamine
  - Chondroitin
  - MSM
  - Hyaluronic Acid
- Collagen Supplement
- Watkins Hair Skin and Nails Formula

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**Glucosamine**

- A molecule composed of an amino acid & a simple sugar
- Building block for water-holding, gel-like matrix found in all connective tissue & mucous membranes
- Deficiency can lead to osteoarthritis
- Enhances the reconstruction & self-healing of joint cartilage

**Chondroitin**

- Chain of alternating sugar molecules
- Structural component of cartilage
- Helps joints resist compression
- Deficiency contributes to osteoarthritis

**Collagen Supplement**

- Provides amino acids & proteins from bovine collagen
- Supports the fibrous protein in bones, tendons & connective tissue
- Helps with arthritis, weak joints slipped or bulging disks, torn or injured ligaments
- Rebuilds muscles & strengthens lean muscle mass
### Structural Irritation

- Acute swelling, redness and pain in joints, muscles or other tissues
- Acute injury or trauma—burns, bumps, abrasion, sprains, etc.
- Rapid, floating of superficial pulse with red tongue
- Sharp, acute pains tendency to autoimmune disease

### Direct Aids for Structural Irritation

**Single Herbs**
- Aloe Vera
- Arnica
- Plantain
- Rose Hips
- White Willow Bark
- Yarrow

**Supplements**
- Bioflavonoids
- Vitamin C

### Direct Aids for Structural Depression

**Formulas**
- Stan Malstrom’s Herbal Aspirin Combination
- Anti-inflammatory Nervine Formula
- Chinese Heat Reducing Blend
- Anti-Inflammatory Pain Relief Formula
- Arnica and Calendula Cream

### Structural Depression

- Tongue pale or dark red/purple
- Poor circulation to damaged tissues
- Wounds won’t heal in extremities
- Putrefaction and decay with pus formation

### Direct Aids for Structural Depression

**Single Herbs**
- Anamu
- Capsicum
- Clove
- Ginger
- Prickly Ash bark

**Supplements**
- MSM
### Direct Aids for Structural Depression

- **Formulas**
  - Capsicum and Garlic Formula
  - Anti-Arthritic Formula
  - Skeletal Vitamin and Mineral Formula
  - Analgesic Essential Oil Blend
  - Anti-Arthritic Topical Cream
  - Topical Analgesic Essential Oils

### Structural Stagnation

- **Chronic skin conditions**
- **Chronic inflammation with swelling and dull persistent pains**
- **Skin eruptive conditions-acne, pox, boils abscesses, oozing rashes, etc.**
- **Heave mucus coat on tongue**

### Structural Stagnation

- **Liver congestion and lymphatic sluggishness**
- **Toxicity of the tissues due to exposure to chemicals and environmental pollutants**
- **Blood thick and sluggish**

### Direct Aids for Structural Stagnation

- **Single Herbs**
  - Burdock
  - Calendula
  - Devil's Claw
  - Oregon Grape
  - Pau D' Arco
  - Yellow Dock
  - Yucca
- **Formulas**
  - Special Cellular Cleansing Formula
  - John Christopher's Blood Purifier Formula
  - Joint Enhancing Nutrient Blend
  - Ayurvedic Skin Cleansing Formula
  - Black Drawing Salve
  - Golden Healing Salve

### Structural Atrophy

- **Tissues are dry, rough or leathery, thin and brittle**
- **Brittle nails, hair, skin and bones**
- **Broken bones, sprains, pulls, tears, etc.**
- **General structural weakness and degeneration**
- **General stiffness and inflexibility**
- **Tongue dry, often shriveled or cracked**

### Direct Aids for Structural Atrophy

- **Single Herbs**
  - Alfalfa
  - Aloe Vera
  - Chickweed
  - Dulse
  - Licorice root
  - Plantain
  - Slippery Elm
- **Supplements**
  - Collagen Supplement
  - Anti-Arthritic Formula
  - Anti-Arthritic Cream
  - Chinese Mineral Energy Tonic
  - Omega 3 Essential Fatty Acids
Direct Aids for Structural Atrophy

- Formulas
  - Stan Malstrom’s Poultice Formula
  - Herbal Calcium Formula
  - Herbal Mineral Formula
  - Watkin’s Hair, Skin and Nails Formula
  - Chinese Water Increasing Formula
  - Stan Malstrom’s Poultice Formula
  - John Christopher’s Vagina Bolus Formula

Watkin’s Hair, Skin and Nails Formula

- Combined herbs provide needed silica
- Supports structural health
- Strengthens hair & nails
- Enhances skin tone
- Horsetail stems and strobilus
- Dulse fronds
- Rosemary leaves
- Sage leaves

Herbal Calcium

- High in magnesium, calcium & silica
- Supports bone health
- Strengthens body tissues
- Provides minerals for nervous system & sheath around nerves
- Alfalfa
- Horsetail
- Oat straw
- Plantain herb
- Marshmallow Wheat grass
- Hops flowers

Structural Constriction

- Muscle cramping and spasm
- Chronic muscle tension
- Sharp stabbing or shooting pains that migrate from one location to another
- Person is tense, nervous and high stung, lacks flexibility and grace in movements
- Contraction furrows (nerve rings) in the iris

Direct Aids for Structural Constriction

- Single Herbs
  - Kava Kava
  - Lobelia
  - Wild Yam
- Supplements
  - Magnesium Complex
- Formulas
  - Cellular Energy Production Formula
  - Chinese Fire Reducing Formula
  - Antispasmodic Formula
  - Magnesium and Malic Acid
  - Target Mineral Endurance-Enhancing Formula

Structural Relaxation

- Internal hemorrhage or external bleeding
- Oozing wounds, injuries or damaged tissues
- Insect bites and stings, poison ivy or poison oak
- Severe swelling
Direct Aids for Structural Relaxation

- Single Herbs
  - Bayberry
  - Calendula
  - Horsetail
  - Uva Ursi
  - White Oak Bark
  - Yarrow
- Supplements
  - Calcium
  - Chlorophyll capsules
  - Chinese Mineral Energy Tonic

Formulas
- Herbal Calcium Formula
- Natural Anti-Histamine Blend
- Watkin's Hair, Skin and Nails Formula
- Heavy Menstrual Bleeding Formula
- Skeletal Vitamin and Mineral Formula

Consult Forms

- Informed Consent Statement
- Disclosure Statement
- Services Offered
- Personal Health Evaluation
- Questionnaires
- Clinic Forms

What's Next

- Class page will be up for about two weeks and then will close down
- Upgrade offers good until page closes
  - ABC+D Course Upgrade
  - Full CHC Upgrade
- Please leave a testimonial