

Physiology Of The Bones

Plus Osteoporosis And The Treatment

Website: [Healthy Christian Living - Living by the Blueprint](#)

SOP:

"...A knowledge of physiology and hygiene should be the basis of all educational effort."

{Ed 195.1}

"...A practical knowledge of the science of human life is necessary in order to glorify God in our bodies. It is therefore of the highest importance that among the studies selected...physiology should occupy the first place..." {CH 38.1}

"Men and women should become acquainted with the laws of physical development--with physiology and hygiene, with the bearing of prenatal influences, with the laws of heredity, sanitation, dress, exercise, and the treatment of disease; they should also understand the laws of mental development and moral training..." {CG 63.3}

"...The SCIENCE OF EDUCATION includes as full a knowledge of physiology as can be obtained. No one can properly understand his obligations to GOD unless he understands clearly his obligations to himself as God's property..." {CT 295.1}

"...The ignorance of physiology, and a neglect to observe the laws of health, have brought many to the grave who might have lived to labor and study intelligently..." (FE 321.1)

"The student of physiology should be taught that the object of his study is not merely to gain a knowledge of facts and principles. This alone will prove of little benefit...the great requisite in teaching these principles is to impress the pupil with their importance, so that he will conscientiously put them in practice." {CG 362.4}

"When you understand physiology in its truest sense, your drug bills will be very much smaller, and finally you will cease to deal out drugs at all. The physician who depends upon drug medication in his practice, shows that he does not understand the delicate machinery of the human organism..." {2SM 283.6}

"In order to be fitted for translation, the people of God must know themselves. They must understand in regard to their own physical frames..." {CD 33.1}

Also, [Read the book](#) → Education, chapter 21, 'Study of Physiology'

WE WILL BE TEACHING FROM 3 SOURCES:

- The Bible
- The SOP
- **Good Scientific Material** – Giving you the most advanced teaching, the most aggressive style of learning in terms of health, healing and restoration.

BIBLE:

Psalms 139:14 – "I will praise thee; for I am fearfully and wonderfully made..."

MEDICAL SCIENCE:

THE HUMAN SKELETON (Bones)

ANATOMY OF THE BONES:

https://en.wikipedia.org/wiki/List_of_bones_of_the_human_skeleton

- **There are 206 bones in the Human body**
- **There are 4 different types/shapes of bones:**
 1. Long Bones
 2. Short Bones
 3. Flat Bones
 4. Irregular Bones
- **There are 2 types of bone tissue**
 1. Compact Bone
This bone is smooth and strong
 2. Cancellous Bone
This type of bone is spongy and lightweight
- **The Skeletal System is Divided into 2 Divisions:**
 1. **Axial Skeleton**
Bones that form the longitudinal axis of the body
Consists of 80 bones comprising the:
 1. Skull
 2. Vertebral Column
 3. Thorax
 2. **Appendicular Skeleton**
Bones that are appended to the Axial Skeleton
AKA Extremities
Contains 126 bones comprising the:
 1. Shoulders
 2. Upper Extremities
 3. Hips
 4. Lower extremities

PHYSIOLOGY OF THE BONES:

- <http://www.slideshare.net/pushkardwivedi50/bone-physiology>
- **Development of Bone:**
<https://www.youtube.com/watch?v=xXgZap0AvL0>

VIDEO TO WATCH ABOUT THE BONES:

- <https://www.youtube.com/watch?v=-67ImpqAaUA>

PHYSIOLOGY & ANATOMY VIDEO LECTURES ON THE BONES:

By: A lady Professor at Berkeley who used to teach at Harvard

Part 1:

<https://www.youtube.com/watch?v=FjCIRLwkI3k&list=PL49B795FA59D521C1>

Part 2:

<https://www.youtube.com/watch?v=EvrWHa1PLUQ&list=PL49B795FA59D521C1&index=3>

Part 3:

<https://www.youtube.com/watch?v=gv0VcUWAaQw&index=4&list=PL49B795FA59D521C1>

Part 4:

https://www.youtube.com/watch?v=Him_dCGaVS4&index=5&list=PL49B795FA59D521C1

Part 5:

<https://www.youtube.com/watch?v=nT2Sbmp1We0&index=6&list=PL49B795FA59D521C1>

Part 6:

<https://www.youtube.com/watch?v=Y4igRkNlth4&list=PL49B795FA59D521C1&index=7>

Part 7:

<https://www.youtube.com/watch?v=TpQ1S7ARs-k&list=PL49B795FA59D521C1&index=8>

SOP:

“We have come to a time when EVERY MEMBER of the church should take hold of medical missionary work...” (7T 62.1)

BIBLE:

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth.”

Jeremiah 30:17 – “For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD...”

Psalms 103:3 – “Who forgiveth all thine iniquities; who healeth all thy diseases;”

Genesis 18:14 – “IS ANYTHING TOO HARD FOR THE LORD...?”

GOD WANTS TO HEAL US OF ALL OUR DISEASES, INCLUDING DISEASE OF THE BONES

WHAT THE BIBLE SAYS ABOUT BONES:

- Eve came from the bone of Adam (**Genesis 2:23**)
- The bones are attached to the Skin (**Job 19:20**)
- Arm dislocated from shoulder blade = a broken arm (**Job 31:22**)
- Prophecy revives dry bones (**Ezekiel 37:1-7**)
- Fear and trembling can make bones shake (**Job 4:14**)
- God has fenced our bodies with bones (**Job 10:11**)
- Our bones are full of our sins from our youth (**Job 20:11**)
- The bones are moistened with marrow (**Job 21:24**)
- People can get stabbing pain the in the bones at night, which is called a disease (**Job 30:17-18**)
- People can feel like their bones are burning (**Job 30:30**)
- Many bones can be very painful at one time, to the point a person can't eat, lose weight and get frail (**Job 33:19**)

Brought on by a sinful lifestyle (**Job 33:19-28**)

God will allow this with people many times to bring them back to salvation (**Job 33:19-30**)

- We can have bones as strong as brass or iron (**Job 40:18**)
- Our bones can be consumed through a life of grief, sighing, and sin (**Psalms 31:10**)
- We can use strength in our bones because of iniquity (**Psalms 31:10**)
- No rest in the bones because of sin (**Psalms 38:3**)
- Broken bones can rejoice (heal) when the person hears joy and gladness (**Psalms 51:8**)
- Obedience to God will increase the marrow in the bones (**Proverbs 3:7-8**)
- A non-virtuous wife is as rottenness in the bones of her husband (**Proverbs 12:4**)
- Envy brings rottenness to the bones (**Proverbs 14:30**)
- A good report maketh the bones fat (strong) (**Proverbs 15:30**)
- Pleasant words are health to the bones (**Proverbs 16:24**)
- A broken spirit drieth the bones (dry the marrow) (**Proverbs 17:22**)
- It cannot be explained how the bones grow in the womb (**Ecclesiastes 11:5**)
- Our iniquities are in our bones (**Ezekiel 32:27**)

WHAT THE SPIRIT OF PROPHECY SAYS ABOUT THE BONES:

- Nature seeks to immediately repair broken bones (**Ed 113.1**)
- They are designed to be used (**4T 411.1**)
- The bones are to be built up from the food we eat (**MH 295.1**)
- Man is to become intelligent in regard to treatment and use of the bones (**2SM 289.3**)
- Medication poisons the bones (**3T 454.1**)
- Calomel (medication) causes rottenness of bones (**2SM 449.2-3**)
- Mothers are to understand the physiology and function of the bones (**3T 136.1-.2**)
- Animal passions practiced in the bedroom between husband and wife bring to many rottenness of their bones and bone marrow {**2T 476.3- 477.1**}
- Unkind words can be deadly poison to a person's bones (**1T 696.2**)

2 BOOKS TO READ ABOUT THE BONES:

- **'First Book in Physiology & Hygiene'**
By: J.H. Kellogg
Chapter title 'Our Bones and Their Uses'
Pages 71-78
- **'Hand Book of Health'**
By: J.N. Loughborough
Chapter title 'The Human Frame'
Pages 19-42

FOOD FOR THE BONES:

"Our bodies are built up from the food we eat...each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue."
{MH 295.1}

FOODS THAT ARE HIGH IN CALCIUM:

- Almonds

- Beans
- Black Currants
- Black-Eyed Peas
- Blackstrap Molasses
- Broccoli
- Cabbage
- Carob Powder
- Chia Seeds
- Corn Tortillas
- Dark Leafy Green Vegetables – Spinach, Collard Greens, Dandelion and Turnip Greens, Swiss Chard, Chard, Kale, Okra, Bok Choy, Etc.
- Dried Fruit, Especially Figs
- Dried Herbs
- Green Beans
- Leeks
- Nuts
- Oatmeal
- Oranges
- Quinoa
- Sesame Seeds
- Soy Milk
- Soybeans
- Tofu
- White Beans
- Whole Grains And Whole Grain Bread

<http://www.webmd.com/osteoporosis/ss/slideshow-superfoods-for-your-bones>

DON'T USE CALCIUM SUPPLEMENTS, USE HERBS:

“From our study of the testimonies and the little work, how to live, we can see that the lord is strongly opposed to the use of drugs in our medical work. . . . **Several of the students are in doubt as to the meaning of the word 'drug' as mentioned in how to live. Does it refer only to the stronger medicines as mercury, strychnine, arsenic, and such poisons, the things we medical students call 'drugs,' or does it also include the simpler remedies, as potassium, iodine, squills, etc.?** We know that our success will be proportionate to our adherence to God's methods. For this reason I have asked the above question.” {2SM 278.3}

Your questions, I will say, are answered largely, if not definitely, in how to live. **Drug poisons mean the articles which you have mentioned.** The simpler remedies are less harmful in proportion to their simplicity; but in very many cases these are used when not at all necessary. **There are simple herbs and roots that every family may use for themselves and need not call a physician any sooner than they would call a lawyer. I do not think that I can give you any definite line of medicines compounded and dealt out by doctors, that are perfectly harmless.** And yet it would not be wisdom to engage in controversy over this subject.” {2SM 279.1}

HERBS FOR THE BONES:

You may make a tea out of any of the following herbs or a combination of two.

<http://www.webmd.com/women/guide/understanding-osteoporosis-basics>

Is there a Way to Reverse Osteoporosis?

<http://www.myhdiet.com/healthnews/ga/is-there-a-way-to-reverse-osteoporosis/>

Heavy pot use increases Risk of Bone Disease

<http://www.newsmax.com/Health/Health-News/heavy-pot-use-increases/2016/10/14/id/753368/>

Watching TV as kids lowers Bone Mass as Adults

<http://www.newsmax.com/Health/Health-News/kids-watch-TV-lower/2016/07/18/id/739113/>

High Triglycerides in Women Raises their Risk Factor for Bone Fractures

<http://www.newsmax.com/Health/Health-News/excess-blood-triglyceride-levels/2016/06/23/id/735235/>

Lifelong Physical Exercise Builds Strong Bones

<http://www.newsmax.com/Health/Health-News/lifelong-physical-exercise-builds/2016/02/12/id/714097/>

Some Athletes Need Vitamin D to Fight Fractures

<http://www.newsmax.com/Health/Health-News/athletes-vitamin-D-fight-fractures/2015/12/16/id/705989/>

Serious Illness Can Cause Bone Loss

<http://www.newsmax.com/Health/Health-News/serious-illness-cause-bone-loss/2015/12/11/id/705467/>

2 Minute Exercise Stops Osteoporosis

<http://www.newsmax.com/Health/Health-News/osteoporosis-exercise-bones-study/2015/09/16/id/691814/>

Menopausal Women Urged to Eat Soy (non GMO or Organic)

<http://www.newsmax.com/Health/Health-News/menopausal-women-urged-eat/2015/11/03/id/700363/>

Let the Sunshine in and Have Strong and Healthy Bones

<http://saveourbones.com/osteoporosis-and-sunshine/>

Exercise for Osteoporosis

<http://www.webmd.com/osteoporosis/features/exercise-for-osteoporosis>

Vitamin D for Osteoporosis

<http://www.webmd.com/osteoporosis/guide/vitamin-d-for-osteoporosis>

Exercise for Strong Bones

<https://www.nof.org/patients/fracturesfall-prevention/exercisesafe-movement/osteoporosis-exercise-for-strong-bones/>

GOOD TO KNOW:

- **Osteoporosis effects 200,000,000 women worldwide**
Effects 75,000,000 women in U.S., Europe, and Japan
About 25-30% of all white females in the U.S. reveal symptoms, especially after menopause 10% of the women affected are 60 and above
20% are 70 or older
40% are 80 or older

- **Every 3 seconds, a person suffers a fracture**
Every 22 seconds, someone suffers a vertebral fracture
- **An Acid/Alkaline imbalance = The main contributor to Osteoporosis**
The Surgeon General said we need to change our diet and lifestyle or we will break our bones
- **Osteoporosis is rare in black men, but more common in black women**
- **People with Osteoporosis are at high risk for falls**
Be sure they remove anything they could possibly slip/fall on

CAUSES OF OSTEOPOROSIS:

- **Osteoporosis Type I is thought to be caused by hormonal changes, especially a loss of estrogen**
- **Osteoporosis Type II, traces its cause to dietary factors(lack of Calcium, Vitamin D, etc.) poor absorption**
- A lack of calcium in the diet
- Too much protein in the Diet
[See the documentary 'A Diet for All Reasons'](#)
- Smoking
- Alcohol
- Caffeinated Drinks
- Carbonated Drinks/Water (causes the bones to disintegrate)
- Lack of Exercise
- Chronic Kidney Disease
- Chronic Liver Disease
- Medications – Especially anti-coagulants, corticosteroids, and anti-seizure medications
- Fluoride

S/SX: OSTEOPOROSIS:

- Skeletal pains
- Deformities, such as a hump in the upper back, stooping, and rounding of the shoulders,
- Increased susceptibility to fractures
- A reduction in height, up to several inches
- Lower back pain

TREATMENT (Tx):

1. **Fill out a lifestyle assessment form**
2. **Read 1st phase of documents**
3. **Take the Herbal formula tea every day x 2-3 months with 1 week break between each month**
[See 'Two Month Healing Program' document to know how to make the tea](#)
4. **Get at least 1 hour of direct sunshine every day before noon**
5. **Get at least 1 hour of walking every day + gardening**
Start off slowly, working up 1 minute extra each day till 60 minute goal is reached
Do "brisk" walking
6. **Take a bath 3-4 x week x 20 minutes each time**
7. **Sleep on a Firm bed**
8. **Do not lift heavy objects**
9. **Avoid fatigue**
10. **Lose Extra Weight**
11. **If you have to kneel, wear protective need pads**
12. **When kneeling, as in gardening, put a foam cushion under your knees**

13. Minimize squatting or excessive stair climbing
14. Percussion massage helps build bone mass
Read → 'Natural Remedies Encyclopedia' 5th Edition, page 509, bottom paragraph on right column
15. Strengthen the Bones
Read → 'Natural Remedies Encyclopedia' 5th Edition, page 505
Read → 'Encyclopedia of Foods and Their Healing Power', Volume 2, pg. 313-314
16. Follow ALL the Laws of Health
17. No Smoking
18. No Drinking Alcohol

GOOD TO KNOW:

- Bone cells can completely regenerate in 3 months
- **Comfrey Root** heals Broken Bones **10x faster** than your average treatment
- The **Best Herb** for Osteoporosis = **Cissus Quadrangularis**
It is excellent for Bone Problems, Tendons, and Ligaments

HOW TO MAKE AN HERBAL CAST:

- 1 lb. Activated Charcoal
- 4 garlic cloves peeled and chopped
- 1/3 lb. whole wheat flour
- 1/3 lb. slippery elm powder
Mix all of the above then add
- ½ c. flaxseed steeped in a quart of water, steep, pour liquid off
Pour this into the above mixture slowly so this mixture is not too liquidy

NOTE: Rub Olive oil on area before applying the cast.