



Functional Nutrition Working Group

Newsletter

October 2023

The mission of the Functional Nutrition Working Group is to educate our profession and aid in lobbying efforts in order to be a resource in enhancing their ability to gain knowledge in the field of functional nutrition and provide their patients with effective holistic healthcare.

Osteoporosis

- Considered a silent disease as it often has no direct symptoms
- 10+ million Americans over age 50 have osteoporosis
- Additionally, 34+ million people have osteopenia
- Approximately 59 minor interactions with aspirin and NSAIDS impact bone formation

Tests to Consider

- Parathyroid (PTH)
- Vitamin D
- Calcitonin
- DEXA Scan to look at bone density
- Urinalysis for bone resorption (pyridinium and deoxypyridinoline)
- CMP - looking at phosphorus, magnesium, calcium, and protein



Common Lab Findings

- Elevated ALP
- Decreased Calcium, Magnesium, Osteocalcin
- Decreased PTH
- Elevated DPD
- Increased hydroxyproline
- Decreased lysine

Lifestyle changes

- Look for acidic pH (advances osteo changes)
- Diets low in protein, minerals, electrolytes (catabolic degeneration)
- Sedentary lifestyle (lack of piezoelectric effect)
- ALL OF THESE NEED TO BE ADDRESSED

[Register for Upcoming Webinar](#)

Male Hormonal Imbalances

Presented by:

Dr. Alison Benedetto

TBD

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