



# Health Matters

by  
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A report in **The New England Journal of Medicine** has raised serious questions about the prolonged use of drugs commonly prescribed to millions of women with osteoporosis. The concern is that because these drugs are designed to impede the normal breakdown of old brittle bone, they, in turn, can interfere with the interlinked building of new bone.

To proactively protect and strengthen your bones, avoid soft drinks and smoking, get plenty of regular weight-bearing exercise and nourish them with not only a good source of calcium, but also an essential trace mineral called Silica, which has been clinically proven to effectively mineralize bones by improving calcium absorption up to 50%.

Also necessary for the production of collagen, a protein matrix that holds our tissues together, Silica helps reinforce the structure of hair, skin and nails, cartilage in the joints and fortification of bone tissue. **Bone-Sil**, an organic extract of the herb, Horsetail, is clinically shown to provide 20mg of Silica per serving.

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