



Happy Spring or is it Summer?!
Sometimes it even feels like Fall!

With days of 80 degree weather followed by rain, colder temperatures and early spring buds on the roses, it is hard to imagine that we are in June and our immune systems agree! During times of dramatic temperature fluctuations our immune systems are doing double duty managing our normal everyday burdens while also keeping our bodies balanced with steaming heat one day and freezing cold the next. It's not an easy balance to maintain and seasonal change is the time when many people get allergies, colds and fatigue. The best answer?

Ganoderma & Shitake mushroom complex
plus
Echinacea Premium

Add Congaplex for colds, Antronex with histamine for allergies and Cataplex ACP for heavy congestion. Stock up and make your seasonal change an easy transition.

Now the star of the show this month is a new formula that has been available sporadically for a while, but not in professional strength. Now that it is, we have added this amazing formula to our clinic apothecary. **It is the definitive formula for osteopenia, osteoporosis, arthritis, bone injury and joint pain.** There are two versions to choose from and you only need to take two tablets per day. We have already had patients tell us that they noticed a change within days and clinical studies done have shown definitive bone remodeling improvement in bone density testing.

So don't think for a minute that calcium is the primary issue with bone density concerns or arthritis, because the true answer is more complicated!

The Definitive Answer for Joint Pain, Osteoporosis, Osteopenia, Bone Break and Arthritis



For the first time Conscious Body is carrying a remedy that has been shown in clinical studies and through surgical experience to help with bone remodeling, particularly in the cases of osteopenia, osteoporosis and arthritis. Produced in an FDA-registered facility, we are carrying a professional strength that is 300% stronger than anything available currently. Every batch of these formulas has been lab tested for an active response from bone cells and our patients that have tried them have felt the difference.

Ostinol 5X blends both BMPs with herbal anti-inflammatives so this is the formula for painful conditions of arthritis, joint injury or surgery, bone healing after a fracture or chronic inflammation of joints, ligaments and tendons.

Ostinol 450 is pure Bone Morphagenetic Proteins. for bone and cartilage growth and repair. This is the perfect choice for Osteopenia and Osteoporosis.

Understanding the Role of Bone Morphagenetic Proteins

Bone morphogenetic proteins known as BMP's are a family of proteins found naturally in the body that regulate the formation and maintenance of bone and cartilage. They are important regulators of bone formation and homeostasis, and they play a crucial role in the repair of bone fractures and the regeneration of bone tissue. BMP's also play a role in wound healing, tissue regeneration, and the development of connective tissues of the joints.

The therapeutic use of BMP's has been studied for many years, and it is clear that they help stimulate the growth of new bone and cartilage to help heal a fracture and restore normal function. BMP's have been used to treat fractures, osteoarthritis, ligament injuries, and joint diseases. One of the greatest benefits of BMP's is their ability to stimulate the growth of new bone and cartilage. In the case of fractures, BMP's can be used to stimulate the growth of new bone and cartilage to help heal the fracture and restore normal function.

BMP's can also be used to stimulate the growth of new connective tissue and to promote the formation of new blood vessels which can help improve circulation. Clinical trials have been shown to help support patients with Osteoarthritis including reducing the pain, stiffness, and inflammation.

[Read More About BMPs](#)



And now let me surprise you with some calcium facts...

So we all agree that the bones are simply storage for calcium which means that we NEED calcium pretty desperately since we have so many bones in the body! So logically when we need more calcium than our diets can provide, we have to go into our closet and get some. You would think that our diets would give us enough since calcium is not limited to just dairy, but is in green, leafy vegetables, some flours and grains and of course bone broth and sardines (since you eat the bones, yuck!). But if our bodies are too alkaline, if our thyroid and parathyroid are weak or dysfunctional, if we don't have enough phosphorus and vitamin D, if our magnesium level is too high, then we won't be able to absorb all of the calcium that may be present in our food. Of course there is also the possibility that you eat crap and so calcium is not an abundant mineral in your diet.

This means that bone loss can be due to two factors, bone remodeling issues and calcium need by the body. Here are the some things that calcium does for us that you may not be aware:

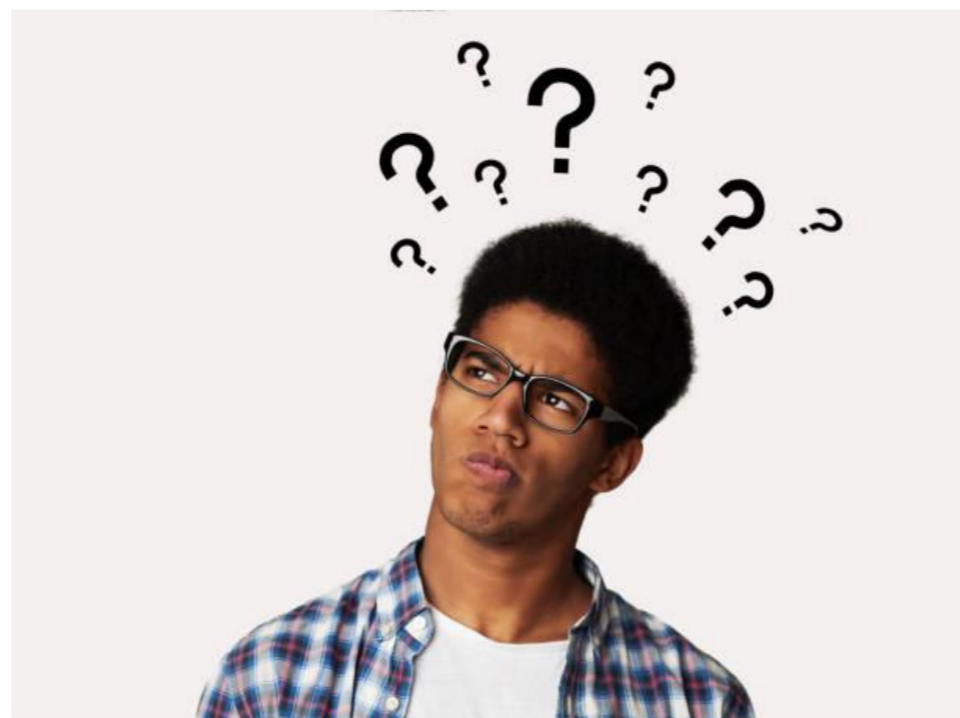
- Reduces inflammation even in neurological disorders like MS
- Increases alkalinity in the microbiome of the gut, essential in all digestive issues
- Controls cellular reproduction and creates a shell around areas for the immune system to target, a great benefit in cancer cases
- Increases electrical level of cells and tissues, the key to your energy and metabolism
- Determines and supports your grip strength, like opening a lid and doing well in sports!
- Controls and reduces fevers
- Reduces red rashes, itching and dryness of the skin
- Reduces restless legs, muscle weakness and muscle tension concerns
- Helps to control swelling
- Creates heart muscle strength

The Latest Research on Anti-Aging



Aging, both physically and visually, is determined by the lifespan of your cells and the speed at which new cells are created to replace cells that have died. This process is known as apoptosis and finding a way to slow down the death of cells really is the key to eternal youth ... or at least youth well into your later years!

Recent research has verified that keeping the DNA strands of cells from unraveling is what extends a cell's lifespan, whether in the brain, the liver, the gut or the skin. The herbal combination of HerbaVital and Astragalus Complex both supports the healthy longevity of cells while balancing the action of the immune system, a pairing that makes all the difference in your longevity, your health and your looks!



Do you have questions? We have answers!
Call us for help, to place an order or to make an appointment today

(617) 505-3585



Conscious Body Natural Medicine
63 Highland Street (Route 31) in Holden MA, 01520
125 Turnpike Road (Route 9 West) in Westborough, MA 01581

You can contact our virtual reception desk at (617) 505-3585 or cbnmreception@gmail.com
www.consciousbodynatmed.com