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OsteOrganiCAL® Case Study Analysis

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Preventing *and* Reversing Osteoporosis Naturally

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A medical anthropologist and certified nutritionist, DR. Susan E. Brown has consulted widely on socioeconomic, cultural, educational and health issues. She has taught in North and South American Universities and authored numerous academic and popular articles.

Currently, Dr. Brown directs the Osteoporosis Education Project and the Nutrition Education and Consulting Service in Syracuse, NY. With the Osteoporosis Education Project SHE CONDUCTS PRIMARY RESEARCH, LECTURES widely on osteoporosis prevention and reversal, and teaches the use of a holistic, natural program for the regeneration of bone health. The nutrition Education and Consulting Service (NECS) provides consulting, education, research and lecture services for health professionals and the public. In addition to running a busy private practice, DR. Brown serves as a consultant to various medical and industry groups.

The Osteoporosis Education Project

The Osteoporosis Education Project (OEP) is a non-profit, public interest research and education organization located in Syracuse NY. Its mission is to explore the human potential for bone health maintenance and regeneration, seeking natural ways to build and rebuild bone. As part of our public interest work OEP studies and attempts to document the efficacy of natural bones building products and formulations.

As a DIRECTOR OF THE Osteoporosis Education Project I have had the opportunity to experiment widely with natural bone-building programs. Unfortunately, I have learned that it is often difficult to halt bone loss, much less rebuilt bone, with simple natural means. Given our experience, we are constantly looking for new natural formulations, which report success in halting and even beginning to reverse osteoporosis.

Some years ago the product known an OsteOrganiCAL ® was brought to my attention. Over the years I have been presented with dozens of ‘before and after” bone density measurements which suggest the product is indeed capable of halting bone loss and even rebuilding a significant amount of bone. Intrigued by these results I agreed to review a series of OsteOrganiCAL® cases, checking to validate their accuracy. The following is a report on our analysis of the OsteOrganiCAL ® cases.

Halting and Reversing Osteoporosis OsteOrganiCAL® Case Study Analysis

"The bone mineral gains attributable solely to the use of OsteOrganiCAL® were as high as 18%"

OsteOrganiCAL ® Case Study Analysis

Introduction

Over the past 19 years the Natural Option USA, in Florida has been selling direct-to the –public a novel algae calcium compound packaged with a natural Vitamin D from shark liver oil. The product, known as OsteOrganiCAL®, is assayed to contain calcium 340 MG; Magnesium 32mg, Iron 031mg;manganese 0.07 mg; Vitamin D 3 800 IU; and Vitamin A 70 IU (per 2 caps of the calcium compound and 1 cap of the Vitamin D3 compound).

The product is purported to halt bone loss and to build bone. The manufacturer in fact, has been so confident in the product that they have long offered a money back guarantee. Should a user document that they did not experience a bone building effect, the money they invested in this product is returned. Reportedly, per each 1,000 sales only twenty-five individuals request their money back and 90 % of these requests come within 30 days of purchase.

On the other hand, over the years many individuals have voluntarily sent the Natural Option USA sequential bone mineral density measurements documenting the increase in bone mineral they experienced while using OsteOrganiCAL ®. For the purpose of this research ten such volunteered cases of apparent successful bone building from OsteOrganiCAL® were sent to my review.

Case Study Series Analysis

Number of Cases Analyzed: 10 cases of postmenopausal women with excessive bone loss were analyzed.

Type of Sample: This sample of ten cases involves what is known as an "availability" sample. The Natural Option USA made known their interest in seeing recent before and after bone mineral testing and offered individuals an opportunity to participate in a review of their case to be conducted by myself. Those individuals who most readily responded to this offer were those included in this case study analysis.

Analysis Protocol: First we analyzed and documented the bone mineral density reports from before and after the use of OsteOrganiCAL ®. Second, Dr. Brown conducted telephone interviews with each of these women. Lastly the data was complied and the report written.

Research Findings: It is very clear from careful analysis of these ten cases that OsteOrganiCAL® had a bone building effect on these women. In seven cases OsteOrganiCAL ® was the only substance used, while all other variables remained nearly constant. In these cases there is no doubt that the bone building effect documented was derived from OsteOrganiCAL® use.

In one case (Case8) OsteOrganiCAL was the new component of a long established drug treatment bone program. In the two other cases (Cases 9 and 10) the women also experienced good bone mineral increases. Further, these case studies strongly suggest that there might be an important role for OsteOrganiCAL® when used in conjunction with other bone therapies. As it appears, the use of OsteOrganiCAL® in conjunction with anti-resorptive drug therapy leads to unprecedented gains in bone mineral density.

Halting bone loss

Case # 1 – Doris Falk, Little Falls, MN Age 72, DX: Osteoporosis of spine and hip

Doris has had five sequential bone density measurements. These measurements documented that she was consistently losing bone. She began using the OsteOrganiCAL ® in the 2 calcium caps and 1 vitamin D cap recommended dose (from here on to be called the " recommended dose").
Doris gained bone mineral density at all sites tested after 14 months using the product (+1.7% in the total Hip; +2.6 % in the femoral neck and + 1.8 % in the spine).

Case # 2 – Rose Teeters, L a Ponte, IN, Age 87, DX: OSTEOPOROSIS Hip and Spine

Rose , after 12 months using OsteOrganiCAL® increased bone mineral density in both the spine and hip (+ 7.8 % spine and + 2.3 % hip). Scoliosis may influence spinal reading.

Case # 3 – Paulina Thoma, IL, Age 92, DX: Osteoporosis (Subject requested that city not to be listed)

Paulina had a CT scan providing a diagnosis of spinal osteoporosis (only the spine was measured). She began OsteOrganiCAL® IN THE RECOMMNEDED DOSE. Paulina took another bone-building agents. The bone density improvement between her tests 6 months apart while on OsteOrganiCAL ® moved her from having sever osteoporosis with a -3.5 standard score to a just barely having the osteoporosis diagnosis of – 2.5 standard deviation six months later.

Case # 4 – Elizabeth Wildings, Ramsey, NJ, Age 87, DX: Osteoporosis of Hip and Osteopenia of Spine.

Elizabeth began using OsteOrganiCAL® WHILE USING NO OTHER MEDICATION THAT WOULD IMPACT BONE. The follow up bone density test done 18 months later showed an increase of total hip bone mineral of + 2.5%; a spinal increase of = 18.9% and a wrist decrease of _ 5.3%. She took the recommended dose of OsteOrganiCAL®.

Case # 5 – Lois Ghan, Ione, CA, Age 71, DX: Osteoporosis of wrist (distal radius)

Lois was diagnosed with osteoporosis by a single measurement of the distal radius (wrist). She was on no other bone medications when began on OsteOrganiCAL® in the recommended dose. In 11 months while in OsteOrganiCAL ® SHE GAINED 4.5 % in the distal radius.

Case # 6 – Janice Green, Houston, TX, Age 54, DX: Osteopenia of Spine
Janice was diagnosed with osteopenia of the spine and found to have hip bone density lower than that of the average young person (but not yet in the osteopenia range). She began OsteOrganiCAL® because her mother had severe osteoporosis and Janice feared losing bone. Janice took the recommended dose. She was on no other medications that would impact bone. Although only having mild osteopenia, Janice a spinal increase of 4.8% and a 0.1% increase in the total hip during the time she was on OsteOrganiCAL®.

"All

the women studied gained bone mineral density."

Study Conclusion

While retrospective case studies of this sort by their natural lack a refined scientific rigor, analysis of these cases documents the potential of this novel calcium and Vitamin D product to halt and reverse the osteoporosis process in postmenopausal women. The bone mineral gains attributable solely to the use of OsteOrganiCAL® were a high as 18%. Younger Postmenopausal women in their fifth and sixth-decade benefited, as well as older women in their seventh decade and beyond. In most cases greater gains were seen in the spine than in the hip. Also, osteoporosis research suggests that those with the most bone loss benefit the most from nutrient therapy. Using OsteOrganiCAL® however, the few women in the sample with only moderate bone loss (osteopenia) also benefited significantly from this therapy. Finally, the three cases in which OsteOrganiCAL® was used in conjunction with another bone-enhancing therapy suggest that combining OsteOrganiCAL ® with other therapies might lead to unusually large gains in bone mineral density.

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Case # 7 - Marlene Buras, Kenner, LA, Age 67, DX: Osteoporosis of the hip; normal spine density
Marlene was diagnosed with Osteoporosis in the hip. Her base line bone density test showed on-going bone loss of both the spine and hip. She began using OsteOrganiCAL® in the recommended dose. After 6 months she gained 3.7% in the spine and 0.6% in the hip.

Case # 8 –Ruth Wright, Greeley, CO, Age 82, DX: Osteoporosis of Hip, Osteopenia of Spine
Ruth's baseline study test was while she was already been on anti-resorptive drug therapy for some four years. Ruth began using the recommended dose of OsteOrganiCAL® While CONTINUE ON THE ANTI-RESORPTIVE DRUG THERAPHY. Her subsequent bone density two years apart showed increases that in my analysis are clearly due to the addition of OsteOrganiCAL®. I SUGGEST THIS BECAUSE Ruth had been on anti-resorptive drug therapy for over four years when she began OsteOrganiCAL®. At that point bone building impact of anti-resorptive drug therapy should have reached a plateau and subsequent large changes in bone mineral would not be expected. The increases in bone mineral seen when OsteOrganiCAL® was added to the long established anti-resorptive drug therapy program were +5.9% in the spine and + 11.6% in the hip. She had been on OsteOrganiCAL® 22 months at the time of this follow-up bone mineral test.

Case # 9 - Marion Williams, Piles grove, NJ, age 68, DX: Osteopenia of the Spine
Marion's base line bone mineral measurement had a diagnose of osteopenia of the spine. SHE BEGAN TAKING OsteOrganiCAL® on the recommended dose. After 6 months she showed a spinal increase of 3.2% and a hip increase of 1.3%. Interestingly enough, before using this product she experienced a 3.57% loss in spinal bone within 11 months period. Marion's case might be confounded, however, because during 6 months of her time using OsteOrganiCAL® she also used some amount of Soy Isofalvones. As best she recalls, during 6 months of OsteOrganiCAL ® USE SHE ALSO USED SOME 80 MGS OF Soy Isoflavones from four to five times a week. From my research on Soy Isoflavones, I do not believe this dose of soy isoflvones had a significant bone building effect. This possibility, however, cannot totally be ruled out. Soy Isoflavones research suggests that regular daily use of 100 mgs of soy isoflavones is needed to obtain a much less increase in bone density.

Case # 10 – Irene Mields, Alexandria, VA, Age 77, DX: Osteopenia of Hip and Spine
Irene was using anti-resorptive drug therapy ten months before she started to use OsteOrganiCAL ®, taking it along with the anti-resorptive drug therapy she had already been on for ten months (being on OsteOrganiCAL® FOR NEALY 15 MONTHS AND ON drug therapy some 26 months) She was documented to gain 7.5% spinal bone mineral and 18.4% hip density. As the radiologist technician commented to her, these gains are very unusual and not commonly (if ever) seen with the use of anti-resorptive drug therapy alone. These exceptional gains in bone mineral obtained by combining the drug anti-resorptive drug therapy with OsteOrganiCAL ® suggest a new possibility of combined therapies well worth investigating

The Osteoporosis Education Project has joined the Natural Option USA TO CONDUCT a CLINICAL trial assessing the ability of OsteOrganiCAL® TO REDUCE BONE RESORPTION IN THE short term (three month) and to halt osteoporosis and rebuild bone in the longer term (one year). This study, known as the OsteOrganiCAL® One year clinical trial is directed by Susan E. Brown, Ph.D., Director of the Osteoporosis Education Project.