



## **An Energetic Look at Osteoporosis (OPTA Currents, Autumn/Winter 2009)**

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Osteoporosis is a common concern for the elderly population and is becoming an all too common condition in children. The way to address this concern is not as simple as “drink more milk” or “take a Calcium supplement.” The issue, as with all health issues, is more complicated and is best understood when looked at energetically.

Energetically osteoporosis is a decrease in internal earth – as bone carries the vibration pattern of earth. From a physiological point of view osteoporosis occurs when the osteoclastic (bone destructive) activity is greater than the osteoblastic (bone building) activity which results in demineralization of bone with calcium and vitamin D being the predominant deficiencies. Stated energetically, osteoporosis develops when the ratio of factors that decrease a person’s earth are greater than the factors that increase it. Keeping in mind the principle of like increase like; opposites balance. Osteoporosis is typically a condition that comes on gradually hence the causal factors are more likely to be due to lifestyle, behavioural and external factors, as well as the impact of chronic symptoms and disease. The following is a look at the factors that contribute to osteoporosis.

An individual’s natural constitution is the first place to start when looking at any condition energetically. Even conventional medicine recognizes that thin boned, underweight individuals (those that we would like classify as having a Vata or Air build) are more prone to develop osteoporosis. Individuals with an Earth or Kapha constitution are the least likely.

The factor that most people associate with osteoporosis is diet. The dietary behaviours



that increase earth include: adequate intake of vegetables, especially earth vegetables; consumption of calcium-rich foods including dairy, fish, nuts, green vegetables, etc.; eating according to a schedule and eating in an environment that is safe and secure. Dietary behaviours that decrease earth include the lack of the factors above, an increase consumption of sugar, empty calories, pop, alcohol, and red meat. The increase consumption of pop, especially coupled with a lack of vegetables is one of the main factors contributing to osteoporosis in children. An acidic diet is also associated with osteoporosis as calcium is the primary mineral in bone and it is used biochemically to maintain the blood at an optimal pH. When blood is too acidic calcium is leached from the bones as the regulation of blood has a greater priority.

A sense of strong internal earth – feeling safe, secure, supported, protected and having healthy boundaries is the pattern associated with strong bone density. When any of these feelings or states of being is threatened or deficient it is often mirrored in the bone. When an individual feels “weak” especially as it relates to their sense of self, their independence, even their financial security they are more prone to develop osteoporosis. The sense of being grounded increases earth, while an unsettled mind has the opposite effect. Thoughts, both internal and spoken, that reflect feeling strong, capable and supported increase earth; thoughts about feeling weak, controlled, insecure, etc decrease earth. If there are psychological factors that are contributing to the state of osteoporosis they need to be addressed for any real change in bone density to occur as the mind is able to override all other physiological factors.

It is common for adults to have a bone scan to measure their bone density. During a bone scan it is typical for there to be a reading for the spine and for the femur (hips). They are



often not the same. The reading in the spine relates more to an individual's internal sense of earth that is how strong they feel about them self. The reading of the femur relates more to the 'earth' aspect of an individual's external world; that is how safe, secure, protected, etc they feel in their relationships, their job, their environment.

Childhood is when the earth aspect of an individual is being developed. The increase in video games, computers, cell phones etc add to the feeling of being ungrounded and hence there is an increase in air and a deficiency in earth. Other factors which are increasing this energetic pattern is the concern over the environment, the lack of natural resources, the threat of a decreasing local job pool and the lack of family structure. Children are growing up having access to too much information and being constantly bombarded with the message that the world, especially in the future, is not safe or secure - the result being a rise in conditions such as ADHD, anxiety, osteoporosis and other chronic-type diseases.

Other factors that are contributing to the rise in osteoporosis of all ages include poor posture, the lack of exercise, increase in drugs, both pharmaceutical and recreational and lack of connection to the earth itself. '*Structure governs functions*' and when posture is misaligned it impacts the flow of nutrients and energy to a specific area of the body. Every aspect of the body needs to move in order to maintain its health and function. A lack of movement has a similar impact as poor posture; that is there is a decrease in the flow of nutrients and energy. Stretching is the movement that is most associated with increasing earth. Resistance exercises are also important as they increase the load or weight that each part of the body is able to withstand.

Drugs, both pharmaceutical and recreational are toxic to the body. They are acidic and



add to the risk of osteoporosis. There is a tremendous concern with the ease that children are currently being medicated and it is expected that this behaviour will add to the already increasing rate of chronic illness and cancers. It is also all-to-common to find individual's in their early 50s, let alone in their 70s that are on three or more prescription medications. There are some statistics that state it is common for elderly people to be on an average of 8 or more medications. The rise in osteoporosis is due to the adverse reactions of many of these medications, the impact of drugs them self on the body and due to the fact that drugs are often prescribed versus the underlying cause(s) being addressed which weakens the body, hence adding to the overall deficiency in internal earth.

Osteoporosis is associated with a deficiency of Vitamin D. The primary source of Vitamin D is from the sun. As people spend less time outside and become more disconnected from their environment and nature the ability and opportunity to absorb Vitamin D is decreased. Taking a Vitamin D supplement may be a short-term bandage but supplementation does not reconnect individuals to their environment and does not bring in the necessary vibration of earth, which is probably why many people find that taking a supplement does not raise their Vitamin D levels.

As with all conditions the way to decrease the negative impact on an individual is to properly address the causal factors. It makes sense to stress the importance of diet when dietary factors are the cause and in this situation one will often find that supplementation; along with a proper diet has an impact. When the primary factor is the psychological than it is important to address this factor by first starting with awareness and acknowledgement and then counselling or other therapies. Polarity therapy, with an emphasis on strengthening earth, is a wonderful complement to any of the other treatments and by



looking at osteoporosis through a Polarity window a practitioner is more likely to provide a client with a clearer understanding of what they need to change or address in their life.

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