

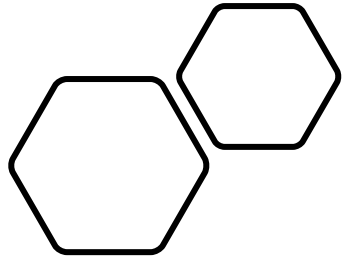
KEYS TO HEALTHY
BONES!
(BAD THOUGHTS
SOW BAD
FEELINGS)

PASTOR JOEY FAUST (1-31-21)

TEXT: Ecclesiastes 12:1 Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them;

3 In the day when the keepers of the house shall tremble, and the strong men shall bow themselves, and the grinders cease because they are few...

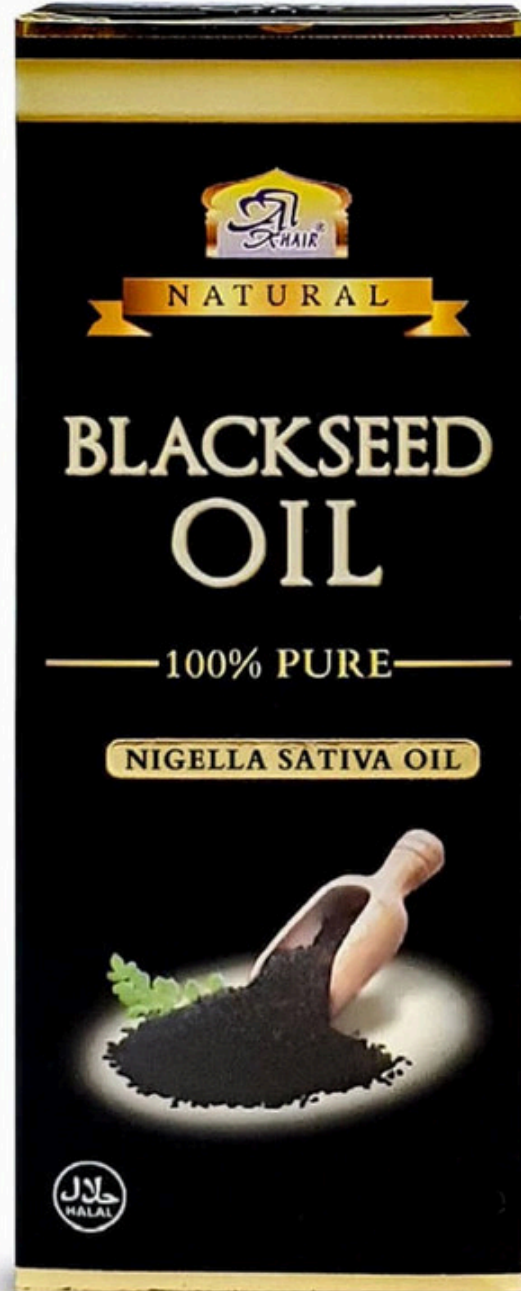
**Jeremiah 23:9...all my
bones shake...**



"Up to 90 percent of peak bone mass is acquired by age 18 in girls and by age 20 in boys, which makes youth the best time to 'invest' in one's bone health..." (Bones.nih.gov)

1. Not exercising. Not
giving bones enough
physical stress:

**2. For women, doing what
they can to preserve
estrogen is crucial.**



"Tualang honey is one of the best options available as it contains antioxidant as well as exerting anti-inflammatory effect...Tualang honey is found on Asia's largest tree, Tualang tree...Tualang honey has been shown to exhibit good antioxidant and antiradical activities...Study performed by Zaid et al. (2010) has shown that daily consumption of Tualang honey for two weeks in female ovariectomized rats was able to promote an increase in bone density...Another study performed on the effects of Tualang honey on postmenopausal women showed that daily intake of Tualang honey at 20 mg/day for four months...exerted the same effect on bone [density] when compared to hormone replacement therapy..."

(The Effects of Tualang Honey on Bone Metabolism of Postmenopausal Women, Evidence-Based Complementary and Alternative Medicine, vol. 2012)

www.benefits-of-honey.com/tualang-honey.html

~A multifloral jungle honey
produced by Asian giant honey bees

~Regarded as one of the world's
best wild honeys

Tualang Honey



**"Effects of honey supplementation
combined with different jumping exercise
intensities on bone mass...in female rats."
(BMC Complement Altern Med 14, 126
(2014).)**

**Proverbs 16:24 Pleasant
words are as an honeycomb,
sweet to the soul, and health
to the bones.**

3. Doing what we can to avoiding all things that cause inflammation and oxidative stress - using cleansing antioxidants. The Bible diet is known for being anti-inflammatory, compared to the S.A.D.!

4. Calcium, Magnesium, and Vitamin D:

A one-ounce serving of **chia seeds** provides nearly 20 percent of your daily calcium needs.

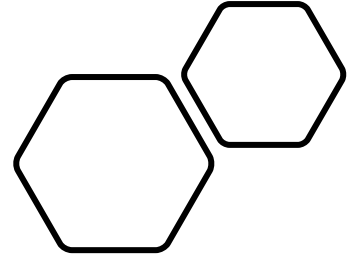


5. BORON:

**("Nothing Boring About Boron,"
Integr Med. 2015 Aug; 14)**

**Prunes, prune juice, avocados, dried
apricots, raisins!**

**6. Although honey is good in
proper moderation for our
bones, cane sugar and HFCS,
etc., are poisons!**



**"Diabetic patients are at
higher risk for osteomyelitis
[bone-infection]..."**

(Int J Biol Sci. 2017; 13)

"Sugar has been linked to the cancer process ever since Dr. Otto Warburg won the 1931 Nobel Prize in Medicine for his work on cancer's energy cycle...researchers, outside the U.S., found that high sucrose intake resulted in a slightly more than doubled risk of developing colon cancer...Sugar feeds cancer..."

(Adapted from *Suicide by Sugar*, by Nancy Appleton, Ph.D. and G.N. Jacobs, 2009)

Why Our Sweet Tooth May Be Killing Us

Suicide by Sugar

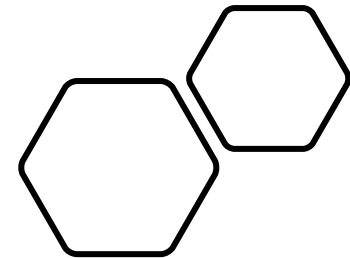


A Startling Look at Our
#1 National Addiction

Nancy Appleton, PhD

Author of *How the Sugar Habit*

G.N. Jacobs



Mo Med. 2018 May-Jun; 115(3)):

"...sugar, may lead to osteoporosis by increasing inflammation, hyperinsulinemia, increased renal acid load, reduced calcium intake, and increased urinary calcium excretion...Reduced sunlight exposure, lower intake of calcium-rich foods...are modifiable risk factors for osteoporosis...Lower amounts of estrogen can further decrease bone formation and growth of new bone leading to osteoporosis...One study reported that the ingestion of 100 grams of galactose and glucose in healthy subjects significantly increased the urinary excretion of calcium, magnesium, and potassium..."

Mo Med. 2018 May-Jun; 115(3)):

...suggesting an increased need for these minerals after ingestion of sugar...Experiments in animals have observed urinary mineral loss after the ingestion of dietary sugar...In a study conducted by Ericson in subjects after consuming either 100gm of sucrose or glucose, a strong positive association between calcium and magnesium excretion rates was observed...This study showed that the consumption of dietary sugar leads to an increase in the urinary excretion of of both calcium and magnesium...

Mo Med. 2018 May-Jun; 115(3)):

Furthermore, sugar consumption is also associated with a decrease in the active form of vitamin D...The overconsumption of sugar may also impair bone formation by causing high glucose levels in blood...Moreover, hyperglycaemia (which is commonly driven by a diet high in sugar) is associated with lower bone quality and density...Lorincz et al.⁷³ presented a study on 9-week-old female C57BL/6 mice where they were given a high fat sucrose (HFS) diet for 10 weeks, and observed a detrimental impact on bone structure...Moreover, long-term ingestion of an HFS diet for 24 months in female rats, also showed an adverse effect on the cortical bone...

Mo Med. 2018 May-Jun; 115(3)):

...diabetes and hyperglycemia are associated with higher risks for osteoporosis, bone fractures, impaired bone strength..."

"The Dangers of Sugar and Bone Health: More Addictive Than Cocaine?... Weren't we taught the only downside to sugar was cavities?... Now we know it increases the likelihood you'll have: Diabetes, Heart issues, Acne, Depression, Cancer, Yeast infections, Osteoporosis... But why doesn't osteoporosis make the 'Top 6' list...? ... We've been led to believe that as long as we get enough calcium we will be fine... But the countries that have the highest calcium and sugar consumption rates also have the highest rates of osteoporosis!... Sugar negatively affects your bones by increasing glucose levels in your cells... Sugar- strips your body of its stores..." (<https://www.algaecal.com/>)

**7. Sin, and stress from things
like guilt, or stress that is not
dealt with properly, can lead to
physical problems...Even in our
very bones!**

"...bone accomplishes several unexpected functions besides its classical role in locomotion, protection of vital organs...it is now well-accepted that bone has a role in the regulation of glucose metabolism, energy expenditure...male fertility and cognitive functions..." (Front. Endocrinol., 18 April 2019)

"How Your Mood Can Affect Bone Health...A 2014 study published in Psychosomatic Medicine found that bone density was 52% higher in postmenopausal women who reported feeling satisfied with their lives...'This is remarkable because not only depression, but also lower subjective well-being is associated with bone loss,' says...lead author of the study...'The mechanism of action in the relationship between life dissatisfaction and bone loss is still unclear. We know chronic stress has biological consequences. Increased levels of bone resorption and systemic inflammation markers, which cause the bones to weaken, have been found in depression'...a 2015 study published in the Journal of Musculoskeletal and Neuronal Interactions, found that men with recurrent major depressive disorder (MDD) had lower bone mineral density...' (Arthritis Foundation, <http://blog.arthritis.org/>)

"Recent research has laid ground to the hypothesis that mental stress (MS) also influences bone biology, eventually leading to osteoporosis and increased bone fracture risk..."
(Front Endocrinol (Lausanne). 2017)

"Impacts of Psychological Stress on Osteoporosis..." (Front Psychiatry. 2019)

Job 21:24...his bones are moistened with marrow.

Proverbs 3:7 Be not wise in thine own eyes: fear the Lord, and depart from evil.

8 It shall be health to thy navel, and marrow to thy bones.

Proverbs 14:30 A sound heart is the life of the flesh: but envy the rottenness of the bones.

Proverbs 15:30 The light of the eyes rejoiceth the heart: and a good report maketh the bones fat.

Proverbs 17:22 A merry heart doeth good like a medicine: but a broken spirit **drieth the bones.**

Proverbs 16:24 Pleasant words are as an honeycomb, sweet to the soul, and **health to the bones.**

Proverbs 12:4 A virtuous woman is a crown to her husband: but she that maketh ashamed is as rottenness in his bones.

"rot (v.) - Old English rotian "to decay, putrefy," from Proto-Germanic..."
(Online Etymology Dictionary)



Isaiah 66:14 And when ye see
this, your heart shall rejoice,
and your **bones shall flourish**
like an herb...

"Stress-related disorders were significantly associated with risk of subsequent autoimmune disease."

"Cortisol indirectly acts on bone by blocking calcium absorption..."

(The Relationship between Cortisol and Bone Mineral Density in Competitive Male Cyclists", Journal of Sports Medicine, vol. 2013, Article ID 896821)

Psalms 34:2 My **soul shall make **her boast** in the LORD: the humble shall hear thereof, and be glad.**

1 Peter 3:4 But let it be the **hidden man of the heart...even the ornament of a meek and quiet **spirit**...**

Ephesians 3:16 That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the **inner man;**

Job 21:24...his bones are moistened with marrow.

Proverbs 3:7 Be not wise in thine own eyes: fear the Lord, and depart from evil.

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**Psalms 63:5 My soul shall
be satisfied as with
marrow and fatness; and
my mouth shall praise thee
with joyful lips:**

Luke 1:46 And Mary said,
My **soul doth** magnify the
Lord,

47 And **my spirit hath**
rejoiced in God my Saviour.

Ecclesiastes 12:3 In the day
when the **keepers of the**
house shall tremble, and
the **strong men** shall bow
themselves...

Titus 2:3 The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things; 4 That they may teach the young women to be sober, to love their husbands, to love their children, 5 To be discreet, chaste, **keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.**

Proverbs 26:28 A **lying**
tongue hateth those that
are afflicted by it...