



# Osteoporosis/ Bone Strength

Dr. Varsha M Khurana



[homeopathynet.com](http://homeopathynet.com)

# Osteoporosis/ Bone Strength

## Osteoarthritis/ Rheumatoid Arthritis

- Sesame seeds
- Vit C
- Magnesium: Leafy Greens - Spinach and Chard, Pumpkin seeds,
- Yogurt, Almonds, Black beans, avocado, figs, bananas, and dark chocolate
- Boron / Borax
- Vitamins: 2,000 mg Liposomal Vit c drops, Vit A 5,000 IU, Vit D 5,000 IU, Vit K
- Home remedies link ;  
[https://54health.com/home-remedies-rheumatoid-arthritis/?fbclid=IwAR08Z6R0q4JwmFUwrf70LrWuIEeWbGjMMrpTznUjTA\\_QMDYtTSiYPH7kms0](https://54health.com/home-remedies-rheumatoid-arthritis/?fbclid=IwAR08Z6R0q4JwmFUwrf70LrWuIEeWbGjMMrpTznUjTA_QMDYtTSiYPH7kms0)
- Garlic supplements
- 1 tsp ACV in water with honey, twice a day
- Turmeric root tea with pepper. It will take the inflammation out. It can reverse it. Boil peppercorns in water and add tsp of turmeric powder to cup. ½ lemon and tsp of coconut oil to cup too. Add peppercorn water to cup stir and drink.

- Avoid all nightshades (tomatoes, potato, aubergine, sweet pepper, chilli pepper, cayenne, paprika, pimentos, goji berries, spinach)
- Avoid all grains & beans/legumes/peas
- Avoid all dairy, processed food, sugar, processed oils
- Avoid chocolate & alcohol temporarily during treatment
- Avoid eggs, nuts & seeds  
Eat tons of Vegetables, vegetables & more vegetables, avocado, coconut milk, olives, avocado oil, coconut oil, olive oil, sardines and bone broth
- Turmeric supplement
- Un-sulphured blackstrap molasses
- No white flour/ sugar
- Plant based diet
- Blackseed oil
- Topical magnesium oil
- Boswellia tincture
- Castor oil
- Olive leaf extract
- 10 mg of Boron & liposomal turmeric along with Boswellia

- Serra-peptase (expensive but quicker)
- Borax, turmeric, juicing, bone broth.
- African potato capsules
- Stinging nettles tea every day
- Cats Claw tincture
- Go outside barefoot as much as possible
- Detox the heavy metals from the brain and body
- Take 2 oz Colloidal silver daily. 10 ppm - 30 ppm.
- CBD oil
- Fish oil 1,000 mg daily
- Turmeric and Cinnamon daily 1 am and 1 pm in coconut milk with vitamins and minerals: Use 1/2 teaspoon of the cinnamon and turmeric. You may increase to 1 teaspoon for either.
- Rub Lugol's iodine: 2 % Iodine into the joints anywhere on body that's inflamed or hurts. All the fingers over the hand knees etc. Also put a dab into your belly button daily.
- Take 3 drops in coconut milk daily
- Magnesium and zinc drops daily
- Selenium supplement

- 1 Blackmores Mega Complex Vit B daily
- Eat plenty of Fish. Cod boneless fillets
- No meat
- Eggs organic chicken - no hormones or antibiotics
- Plenty of leafy greens except spinach.
- Fruit for fibre and enzymes
- A probiotic daily plus chia seeds flaxseeds for better digestion
- Omega 3 good fats
- Avocado
- Asparagus
- Carrot juice/ Green juicing/ Garlic Onions
- No gluten or dairy soy or processed foods
- Borax 1/4 teaspoon in 1litre distilled water keep in fridge. Take only 1 teaspoon of mixture daily in with your other things in coconut milk.
- Mix a little Colloidal silver 1 oz with 1 teaspoon DMSO plus some Iodine in a ceramic bowl and mix it with a wooden spoon kept for this purpose and dab this mixture into your hand and fingers each day. Put this mixture into your belly button.

- Detox bath weekly or more: Use Epsom salts, lavender oil, bi-carb soda, bentonite Clay, essential plus Apple cider vinegar and 1 teaspoon Vit C powder or 1,000 mg drops to take out chlorine in water. Also this detox is great for your hands, feet and your whole body. It will take out heavy metals etc thru the skin relax you and give you a good sleep
- Please put a water purifier on your kitchen tap so you're not drinking heavy metals.

Rheumatism is a deep-seated chronic disease with genetic susceptibilities. You can benefit tremendously in your overall health from a full or detailed consultation with a professional homeopath.

