

# EZorb Calcium® - Calcium Aspartate Anhydrous

## Bisphosphonates drugs

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Bisphosphonates are a class of drugs that inhibit the function of the osteoclasts cells. The osteoclasts cells are the cells that remove dead bone cells providing a place to build strong healthy bone tissue. This bisphosphonate class includes alendronate sodium (Fosamax®), etidronate (Didronel®), ibandronate (Boniva®), pamidronate (Aredia®), risedronate (Actonel®), and tiludronate (Skelid®), zoledronic acid (Reclast®). Bisphosphonates are synthetic analogs of pyrophosphate related to the family of commercial cleaning agents.

Bisphosphonates do not build strong healthy bone tissue, they allow the dead bone cells to remain in place on the hardbone. Dead bone cells are more dense than live bone tissue so as more dead cells are retained this will result in the DEXA scan showing a better T-score. Leaving dead bone cells in place is better than holes left from their removal but as time goes by we are turning healthy strong bone into dead brittle bone. This will take many years and the net results will be serious.

Healthy bone tissue is built from lots of calcium, some phosphorus, and small amounts of about 20 other mineral salts.

If we do not have enough calcium to build bone tissue to replace the dead bone cells removed by the osteoclasts cells then taking bisphosphonate drugs is better than doing nothing. As we have heard Sally Field say so many times, "I have stop my bone loss..." as if this was a bad thing. The bone loss she is talking about is from the removal of dead bone cells so healthy bone tissue may take their place. The best thing is building healthy bone tissue in the place where dead bone cells have been removed.

Bisphosphonate drugs have many bad side effects including Nausea, stomach pain, constipation, diarrhea, gas, bloating or fullness in the stomach, change in ability to

taste food, headache, dizziness, swelling of the joints hands or legs.

Some side effects can be serious. New or worsening heartburn, difficulty swallowing, pain on swallowing, chest pain, bloody vomit or vomit that looks like coffee grounds, black, tarry, or bloody stools, fever, blisters or peeling skin, rash (may be made worse by sunlight), itching, hives, swelling of eyes, face, lips, tongue, or throat, difficulty breathing, hoarseness, painful or swollen gums, loosening of the teeth, numbness or heavy feeling in the jaw, poor healing of the jaw, eye pain.

CalciumAspartateAnhydrous (EZorb®) has no side effects, stimulates the osteoblasts cells to build healthy bone tissue increasing bone density toward normal bones in a short time period.