

Losing bone mass is a normal part of aging.

Yet Big Pharma has managed to turn it into a billion-dollar industry, one that unbelievably had its start in a hot conference room in Rome 25-years ago. That's when a magic number called a "T-score" was pulled out of thin air.

And now, thanks to new recommendations from a prestigious doctors' group, your T-score may be putting you in the crosshairs for being prescribed some incredibly dangerous meds such as Fosamax and Prolia.

But once you hear the inside story, you'll see why Big Pharma would rather you didn't know about some bone-strengthening secrets that are easy, cheap and even free!

Making a 'disease' for a drug

You're probably more familiar with what your credit score means than with the significance of your "T-score."

But while your credit score may determine how you can finance a big purchase like a car or a home, that T-score can mean the difference between being told you have a disease -- *or not*.

A T-score is determined by taking a DXA bone scan. It's a highly unreliable test, one that many experts have called a scam instead of a scan!

But nevertheless, women are told they absolutely need a DXA scan after a certain age -- you know, to see how their bones are doing.

And since a "normal" DXA scan T-score is based on the bone density of a 30-year-old woman, you're practically guaranteed that your results will get you "diagnosed" with osteoporosis!

But exactly how was this T-score figured out in the first place? It must have been the result of some very precise scientific studies, right?

Well, not exactly.

In 1992 a conference involving the International Osteoporosis Foundation and the World Health Organization took place in Rome. The two groups gathered to figure out a number *below which* doctors could say a woman has osteoporosis.

No one, however, had any idea what that should be. As I said, "normal" is judged to be a 30-year-old, but the question was: how far below that should they go?

Finally, one of the attendees just got up and drew a line. Anyone on the other side of that line would now be labeled as having osteoporosis.

That was good for many years and billions of dollars of sales for all those bone drugs.

But somewhere along the way, women got wise to all the side effects that osteoporosis meds can cause, and during the past decade sales began (gasp!) dropping.

Fosamax and Prolia for example, can up your risk of fracturing your femur (which just happens to be the longest and strongest bone in your body), developing a gruesome condition called osteonecrosis of the

jaw (which basically means the death of your jawbone), and suffering disabling joint and muscle pain.

And that's just the short list.

On top of all that, a few months ago, I told you about some new research out of Greece finding that these bisphosphonate drugs (like Fosamax) can actually *cause* microcracks in your bones, making them more prone to break.

So, enter the American College of Physicians (ACP) to help save the day for Big Pharma!

The group has just issued its recommendations, published in the *Annals of Internal Medicine*, saying that any woman told she has osteoporosis needs to start taking these drugs immediately -- and continue doing so for at least five years.

The ACP claims it has "fresh data" in the form of a statistical study that supposedly "clears" these drugs of upping your risk of a heart attack or stroke. But it's more like the ACP is taking doctors by the hand so they can sign off on as many prescriptions as possible.

And the group's glaring disregard of all the adverse reactions that these drugs can cause is unbelievable. Especially since it advises against women taking the hormone estrogen because it's associated with an "increased risk" of "harms."

Talk about the pot calling the kettle black!

But some of the most important things you can do to keep your bones strong don't involve drugs.

Taking vitamins D and K daily are vital -- especially if you're taking calcium -- as vitamin K will direct the mineral to your bones where you want it to go, and not your arteries.

Plus that, just stepping outside and exposing your skin to ten minutes or so of sunshine will allow your body to make its own vitamin D.

And that will do more for your bones -- and all-around health -- than anything Big Pharma has yet come up with!

Sources:

"Experts streamline guidelines for treating osteoporosis" Susan Scutti, May 8, 2017, CNN, cnn.com

Health Sciences Institute (HSI), Baltimore, MD 05-30-2017