



Dr. med. Bodo Grahke

Facharzt Gynäkologie u. Geburtshilfe FMH
Kilchbergstrasse 19
CH-8134 Adliswil

Telefon +41 43 377 09 77

Fax +41 43 377 09 79

Termine online unter www.doctena.ch

info@gynadliswil.ch

www.gynadliswil.ch

Recommendation recipe to maintain bone density for:

Recommendation recipe with negative z-score for:

Recommendation recipe with osteopenia for:

Recommendation recipe with osteoporosis for:

Adliswil,

First step:

1. Find out more about [osteoporosis](#).
2. [Body-Mass-Index \(BMI\)](#) over 28.7 (or above 27.0 and first-degree familial diabetes mellitus type 2): Get your **fasting blood sugar and insulin levels** checked.
3. [Body-Mass-Index \(BMI\)](#) below 28.7 (or below 27.0 and first-degree familial diabetes mellitus type 2): Take a **insulin test**.
4. **Control-Bioimpedance measurements**, if necessary **physiotherapy for muscle building** and **weight loss**, if necessary off-label-therapy with **metformin** / **Ozempic®** and/or **berberine**.
5. **Stop nicotine consumption! We are happy to help with ear acupuncture.**
6. If necessary take a **calcium supplement**, compensate for any **vitamin D-deficiency** in [coordination with the season](#) and take **vitamin K2**.
7. **Reduction of elevated [homocysteine levels](#)**, permanent **treatment according to a treatment regimen, control after 6 weeks** - this protects not only against osteoporosis, but also against atherosclerosis, cardiovascular diseases, depression and dementia.
8. Take **isoflavones** and consider with onset or after menopause a **hormone replacement therapy** and/or effective alternatives (**cimicifuga**, **WALA Ovaria comp Glob FI 20g**).
9. Have the ratio of **omega-6 to omega-3 fatty acids** determined and, if necessary, take **omega-3 fatty acids**.
10. **Let your thyroid gland adjust even if it is only "latent" underactive.**
11. **The success of the treatment is determined by the course of a bone density measurement after 1 year.**

absolutely:

1. **Guided physiotherapy.**

anthroposophical extensions:

1. Take a pinch of **Weleda Aufbaukalk 1** in the morning; in the evening take a pinch of **Weleda Aufbaukalk 2**.
2. Take 7 drops of **WELEDA Agaricus comp/Phosphorus Dil 50ml** in the morning for 2 months each, followed by 1 month of a pinch of **WELEDA Plumbum silicicum Trit D 6 50g** in the evening.
3. Take 15-20 globules of **WALA Ovaria comp Glob FI 20g** per day.