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Broken Bones and Heel Spurs

Two questions I regularly get asked about bones: What can I do to help heal broken bones? And what can I do about heel spurs? Without question, you must see a doctor to get a diagnosis. This is something you shouldn't self-diagnose or try to "handle" it yourself. Once you've done that, here's what I would do.

For broken bones, once the bones are set and you have a cast or other immobilizing device, there are some nutrients that may help:

- **Glucosamine:** 1,500 – 3,000 mg per day. Seem odd? Not if you remember that all bone starts as cartilage; that includes what happens in the healing process.
- **Calcium:** an additional 500 – 1,000 mg per day above your normal intake from food and supplements. Most of the time, calcium is combined with magnesium and vitamin D and those can help bone repair as well.
- **Vitamin C:** an additional 500 – 1,000 mg every day. Vitamin C is important for all connective tissue, and cartilage and bone are connective tissue.
- **Vitamin D3:** an additional 2,000 IU per day. But the first two are the critical ones.



Heel spurs are generally caused by a tendon, ligament, or muscle pulling on the bottom of the foot. The plantar fascia is the usual culprit, but it's not limited to that. Remember Wolff's Law: function determines structure. If the tissues on the bottom of the foot become inflamed, they can place a constant pull on the heel, thus causing the bone to grow in that direction. If it gets large enough, it can cause pain in the heel and foot.

Here is what works for many people—not everyone but many. Put a golf ball or some other type of ball the same size into the freezer for a couple of hours. Sit in a comfortable chair with your bare feet flat on the floor. Put the ball under your heel. Roll it up to your big toe, then back to your heel. Repeat that to every toe, back and forth; repeat the whole process five times. Repeat on the other foot even if it's not sore. Put just enough tension on the ball so that you feel it, but don't press down too hard. Repeat the process three times a day. The objective is to stretch the ligament on the bottom of the foot. Over a period of weeks, the ligament will stretch, the excess bone (the spur) will retract, and the pain will be gone. Why? Because Wolff's Law works both ways. Taking 1,500 mg of glucosamine and 3 grams of high-EPA fish oil may also help reduce inflammation.

Make sure you check out [The Optimal Performance Program](#), my newly released three-CD set. Click here for more information.

What are you prepared to do today?

Dr. Chet

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