

REVERSE OSTEOPOROSIS NATURALLY



*Learn my
proven method
for reversing
Osteoporosis
without using
harsh drugs!*

It's FREE!



Thank you for downloading this free guide on How To **REVERSE** Osteoporosis **NATURALLY!** My mission is to help women with Osteoporosis reverse this condition naturally so they can take control of their health without the harsh side effects of pharmaceutical drugs. My intention is to help and support you through this journey. It **IS** possible to **REVERSE** Osteoporosis **NATURALLY!** So let's get started in learning more about this condition and how it is possible.

You Are Not Alone!

Did you know that over 40 million people in the United States have Osteoporosis? And worldwide over 200 million people have this condition. You, my friend, are not alone! Approximately 50% of all women over the age of 50 and 25% of all men over 50 have been diagnosed.

My Story

Has this happened to you, maybe you are eating right, exercising yet diagnosed with Osteoporosis? That's exactly what happened to me!

Here I was a certified yoga teacher and personal trainer, I was teaching and coaching several people a week. I was eating what I thought was a healthy diet and when I turned 50 back in 2010, I was diagnosed with Osteopenia. I felt defeated, confused and frustrated.

My doctor gave me a prescription and told me to take 1500mg of calcium per day. I started taking the medicine, but it made me physically sick to my stomach, my muscles and joints hurt and I felt like I had been run over by a truck.

... and when I started reading about the side effects of the prescription drug I was taking I felt even more frustrated and overwhelmed!

That's when I decided I needed to learn everything I could about Osteoporosis and find a natural solution. I took control, I read everything I could about the condition. I read about clinical studies where patients had reversed the condition without taking pharmaceutical drugs. I learned a specific all natural nutritional protocol, and I learned how specific exercises done a very specific way would strengthen my bones and reverse the condition.

Once I was armed with this information I incorporated this into my life. Why wouldn't I want to, right?

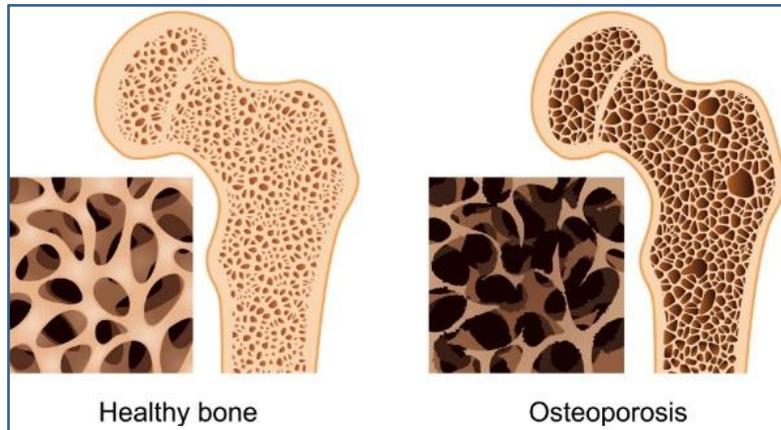
I was committed to reversing my condition and after following this program I succeeded! In 2012, when I had my next DEXA Scan I was in the normal range!

I love sharing this information with others, helping people just like you to take control of your health and reverse Osteoporosis.

What is Osteoporosis?

Osteoporosis is a condition in which the bone mineral density (BMD) has become porous. The more porous the bone, the more likely you will fracture or break a bone.

Common areas that can be compromised and cause bone fractures include the wrist, hip and spine. In extreme cases the bone can literally crumble.



Your bones are much like your skin in that throughout your life you shed old bone and produce new bone. Every 7-10 years you have built all new bones in your body! When you shed bone faster than producing new bone the result is low bone density.

Is it possible to reverse Osteoporosis naturally?

Approximately 50% of women will be diagnosed with Osteopenia or Osteoporosis when they get their first test! It is important to start building strong bones prior to the age of 50. How?

As mentioned earlier, your body is continuously producing new bone. With changes in age, exercise, lifestyle and eating habits there are changes in the strength and shape of your bones.

Your body has a special cell called osteoblasts. Osteoblasts are bone forming cells. They are typically found on the top or next to existing bone. ***To prevent as well as reverse Osteoporosis you need to increase the amount of osteoblasts in your body.***

How do I produce more osteoblasts cells?

There have been several clinical studies in the last 20 years proving that performing specific exercises in a very specific way will increase bone density. You CAN reverse Osteoporosis NATURALLY by incorporating specific exercises done in a very specific way.

But increasing bone density is only half of the equation. You can have very dense bones, but if they are inflexible they may still break.

To reverse Osteoporosis you must follow a specific exercise sequence in addition to a specific nutrition and supplement plan.

For example, did you know that drinking a cup of coffee can leach calcium from your bones? It's true! This is why following a specific nutrition protocol is critical.



AND....Contrary to what many people believe, the answer is NOT calcium – too much calcium will actually decrease Osteoblasts cells in your body, doing more harm than good.

I personally reversed Osteoporosis by creating the Osteo-Blast Method. This method incorporates both exercise as well as a specific nutrition protocol.

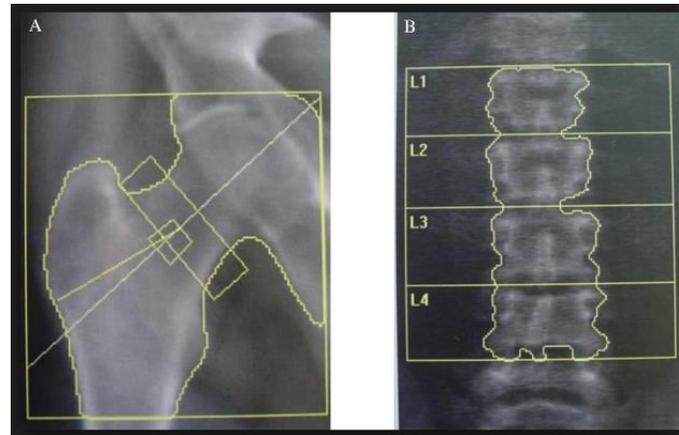
What are the symptoms of Osteoporosis?

Osteoporosis is sometimes referred to as a “silent disease”, however, there are symptoms, including:

- Loss of strength in hand/fingers with the inability or difficulty opening jars
- Sensitive teeth
- More cavities
- Back Pain
- Neck Pain
- Hip Pain
- Bone fractures or breaks
- Stooped posture
- Loss of height

How is it diagnosed?

The most common way is by using a DEXA scan - a type of x-ray that scans through bone to measure your bone mineral density (BMD). The results are compared to the peak BMD of a 30 year old healthy adult and you are given a T-Score. Differences between your BMD and that of a healthy young adult norm are measured in units called standard deviations (SDs). The more standard deviations below 0, indicated as negative numbers, the lower your BMD and the higher your risk of fracture.



DEXA scans are typically done when a woman turns 50. ***The issue with this is many people start experiencing bone loss prior to the age of 50. Therefore, when you go in for your first DEXA Scan you already have significant bone loss.***

What do the test results mean?

Usually you are given three T-Scores. One for the Spine, one for the Secondary Hip or Neck of the Femur Bone and an Overall T-Score.

- Normal is a T-Score from +1 thru -1.0
- Osteopenia is a T-Score from -1.0 to -2.5
- Osteoporosis is a T-Score lower than -2.5

World Health Organization Definitions Based on Bone Density Levels

Level	Definition
Normal	Bone density is within 1 SD (+1 or -1) of the young adult mean.
Low bone mass	Bone density is between 1 and 2.5 SD below the young adult mean (-1 to -2.5 SD).
Osteoporosis	Bone density is 2.5 SD or more below the young adult mean (-2.5 SD or lower).
Severe (established) osteoporosis	Bone density is more than 2.5 SD below the young adult mean, and there have been one or more osteoporotic fractures.

What movements should I avoid?

High-Impact Activities

Individuals with osteoporosis should avoid activities such as running, jumping and high-impact aerobics. According to the Mayo Clinic, these activities increase compression in your spine and lower extremities and can lead to fractures in weakened bones.

Alternative: It is best to engage in activities that are low-impact and involve slow, controlled movements. This includes walking, hiking, yoga, tai chi, qigong, weight lifting and pilates.

Standing Toe Touch

Although it may seem safe, a standing toe touch is an unsafe exercise if you have Osteoporosis. The excessive flexion brought on by this movement increases the pressure in the lumbar discs, which can lead to fracture.

Alternative: A safer exercise is the standing hamstring stretch, in which you maintain a flat back. To perform this stretch, place one foot on a 6- to -8-inch step while keeping your other leg firmly planted on the floor. Gently bend at the waist, without rounding the back until you feel a light stretch on the back of your thigh. You can then repeat the movement with the other leg.

Compressing The Neck

Standing on your head, tripod and the yoga pose plough are some of the activities that compress the neck and should be avoided. While these exercises may be safe for individuals with healthy bone structure, the loaded neck flexion and additional pressure and compression generated from these movements can sprain cervical ligaments.

Alternative: A safer way to stretch the lower back is a knee-to-chest stretch, which is accomplished by lying on your back and drawing both knees towards your chest. When doing this exercise proceed with caution and avoid jerky movements or excess flexion of the spine. Do not force the stretch.

Sit-Ups

The sit-up is the standard abdominal exercise that many people perform on a regular basis, however osteoporosis sufferers should avoid this movement. This dynamic abdominal exercise puts extreme stress on the lower back and can result in fractures of the lumbar spine.

Alternative: A healthy and strong core, which includes the lower back, is essential. There are many core exercises that can be done in a safe way to target the entire core without causing injury. [Click here to see one of my YouTube videos on How To Strengthen The Core – WITHOUT Doing Sit-Ups.](#)



Excessive Twisting at the Waist

Exercises that require bending forward at the waist or excessive twisting at the waist such as golf, tennis, bowling and yoga postures like revolving triangle should be avoided. These activities produce high compressive forces in the spinal area and increase the vulnerability to fracture.

Alternative: If you wish to partake in these types of exercises work with a professional trainer to learn how to modify and prevent injury.

Myth Busters

Myth #1: Osteoporosis is a disease

FALSE -- Technically a disease is a virus, bacteria, fungus or abnormal cells that's taking over, hijacking the body. Osteoporosis is caused when you shed old bone FASTER than you make new bone.

Osteoporosis is a condition.

Myth #2: Taking 1200mg of a calcium supplement will build strong bones.

FALSE -- Taking calcium is only part of the nutritional supplements that are necessary for building strong bones.

Magnesium, Vitamin K and D are a few of the other supplements that are necessary.

Also – taking too much calcium can be detrimental and PREVENT bone growth.

Large amounts of calcium has been linked to cardiovascular issues and should be avoided.

Myth #3: One of the best sources of calcium is cow's milk and yogurt.

TRUE, However -- Many people are lactose intolerant and there are many other foods that are high in calcium that may be better alternatives. This includes:

- Almond and Hemp Milk
- Kale
- Sesame Seeds
- Chia Seeds
- Broccoli
- Bok Choy
- Watercress
- Oranges



Myth #4: Medicines like Boniva and Fosamax will reverse my Osteoporosis.

NOT REALLY, Here's Why – Medicines for Osteoporosis have shown to work for about 6 months...

Long term use of medicines like Boniva have the potential to cause damage to your body, including your bones.

According to research, long term use of medicines like Boniva and Fosamax can actually cause brittle, dry hardness in your bones!

The femur seems to be the most susceptible to damage due to brittle hardness.

The jaw bone becomes susceptible to damage in another way – ample research connects Boniva with osteonecrosis of the jaw (osteonecrosis is bone death), a nasty bacterial infection of the jaw bone.

Myth #5: Weight bearing exercises will prevent, as well as reverse Osteoporosis.

TRUE... as long as it is TRULY weight bearing

When lifting weights, there are two ways that are truly weight bearing.

1. Power Lifting
2. Body Building

Let's take a closer look at each of these.

Power Lifting

- The weight being lifted is at an amount that only allows you to lift between 2-7 reps.
- If you can do more than 7 reps, then the weight is not high enough.
- ***With Osteoporosis, this amount of weight bearing can be too much and could cause a bone to fracture.***



Body Building

- The weight being lifted is at an amount that only allows you to lift between 8 – 12 reps.
- If you can do more than 12 reps, then the weight is not high enough.

Circuit Training

- Many people do circuit training.
- This is when you are lifting more than 12 reps with each exercise and moving from machine to machine or exercise to exercise.

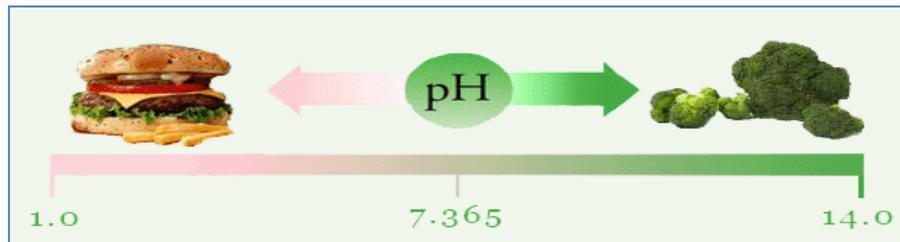
- This type of training is for endurance and for losing weight making for a lean body.

Although a great exercise, circuit training is really not weight bearing! The weight is too light to make a difference.

Myth Buster #6: There are certain foods that can PREVENT bone growth.

TRUE -- Foods with a HIGH acidic PH level will cause the body to LEACH calcium and magnesium out of the bone, causing bone loss!

This is why is it critical to learn what foods will help with bone growth and which foods will cause bone loss.



Myth Buster #7: Osteoporosis affects more than 40 million people in the US and over 200 million worldwide.

TRUE -- This is not a condition only for women – about 25% of all men over the age of 50 will be diagnosed with Osteoporosis.

There are also people less than age 50 that are diagnosed. This is usually because of poor diet and/or lack of exercise.

Myth Buster #8: The only way I will break or fracture a bone is if I fall.

FALSE -- It is important to learn what movements and exercises work to increase bone density and which ones can cause injury such as a bone fracture.

My Mission

Thank you for downloading this free guide on How To REVERSE Osteoporosis NATURALLY!

I created the Osteo-Blast Method and *reversed my Osteopenia*. My mission is to help women with Osteoporosis reverse this condition naturally so they can take control of their health without the harsh side effects of pharmaceutical drugs. My intention is to help and support you through this journey. It IS possible to REVERSE Osteoporosis NATURALLY and I would love to talk to you more about my program.

FREE 45 Minute Consultation

As a thank you for downloading this guide. As a thank you, I am offering you a FREE 45 minute consultation. During our call I will share my proven system with you to take control of your health and well-being. [Click here to schedule your FREE consultation!](#)