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Helping Osteoporosis Relief, By The Book

*Noticeable Relief For Osteoporosis, By Following
The Recovery Plan For Long-Term Health*

**Edition
3.0**

By Robert Redfern

About The Author

Robert Redfern – Your Personal Health Coach

www.MyGoodHealthClub.com



Robert Redfern was born in January 1946. He has helped thousands of people to date in more than 24 countries by providing online health guidance and resources in books, radio interviews, and TV interviews to share his nutritional discoveries. His new book series starts with *Improving Lung Health in 30 Days* and is designed to bring all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health – in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

Robert and Anne looked at the whole field of health, available treatments, and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. Robert and Anne changed their lifestyle and diet and, together with the use of **HealthPoint™** acupressure, the improvement to their health was remarkable.

In addition to improved health, Robert and Anne both look and feel like they have more vitality than they did decades before they started their new health plan. Currently, Robert, 73, and Anne continue to make healthy choices to live energetically and youthfully, based on a foundation of Natural Health.

ROBERT REDFERN: YOUR PERSONAL HEALTH COACH
Provides step-by-step guidance on:

Osteoporosis Reversal in 30 Days:

The Causes and the Recovery Plan
to Restore Women's Health



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From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.

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YOUR COMMITMENT PLAN TO BETTER BONE HEALTH

| ACTION | | SIGNED | DATE |
|---------------|--|--------|------|
| I Committed | To regaining and maintaining my bone health for the rest of my life. | | |
| I Committed | To drinking 6-8 glasses of water per day with a pinch of sodium bicarbonate in each glass. | | |
| I Committed | To spending time in the sun for 20 minutes each day (except when not advised). | | |
| I Read | Robert's <i>Helping Osteoporosis Relief, By The Book</i> book. | | |
| I Ordered | The recommended supplements to support my plan and healing. | | |
| I Planned | My Daily Menu using ReallyHealthyFoods.com. | | |
| I Started | My breathing exercises. | | |
| I Started | Massaging the appropriate acupressure points. | | |
| I Reread | Robert's <i>Helping Osteoporosis Relief, By The Book</i> book. | | |
| I Reviewed | The recommended supplements to support my plan and healing. | | |
| I Reviewed | My water intake. | | |
| I Reviewed | My Daily Menu. | | |
| I Reviewed | My breathing exercises. | | |
| I Reviewed | My life-giving sun exposure (except when not advised). | | |
| I Reviewed | How to massage the appropriate acupressure points. | | |
| I Recommitted | To regaining and maintaining my bone health for the rest of my life. | | |
| I Recommitted | To Robert's <i>Helping Osteoporosis Relief, By The Book</i> book. | | |
| I Recommitted | To the recommended supplements to support my plan and healing. | | |
| I Recommitted | To my water intake. | | |
| I Recommitted | To following my Daily Menu. | | |
| I Recommitted | To doing my breathing exercises. | | |
| I Recommitted | To life-giving sun exposure (except when not advised). | | |
| I Recommitted | To massaging the appropriate acupressure points. | | |

Osteoporosis: What is it?

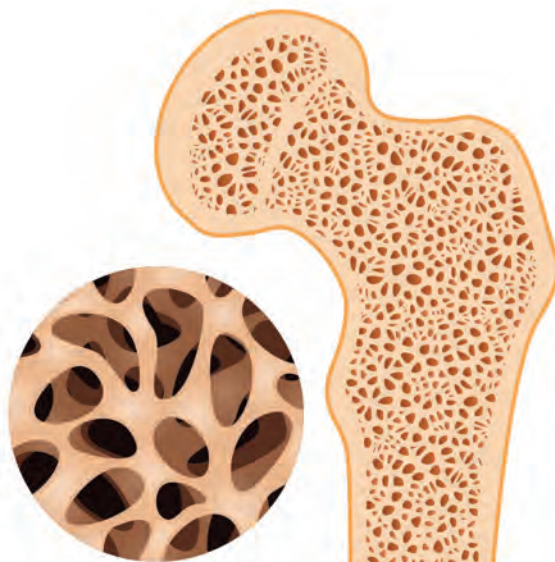
There are several ways to think about osteoporosis:

1. **Osteoporosis is classified as a metabolic bone disease or bone disorder** - Meaning, it is a disease that interferes with the body's ability to metabolize food properly. The body is unable to utilize the thousands of enzymes which are part of the metabolic process. This hinders the cells from doing their job of converting macronutrients, proteins (amino acids), carbohydrates (sugars and starches), and lipids (fatty acids) into energy.
2. **Osteoporosis is loss of bone mass** - Or more precisely, the thinning of the bone matrix and cortex.
3. **The Oxford Dictionary defines osteoporosis as a medical condition in which the bones become brittle and fragile from loss of tissue** - Typically, as a result of an overly acidic body, hormonal changes, or a deficiency of calcium or vitamin D or of calcium (re)absorption.

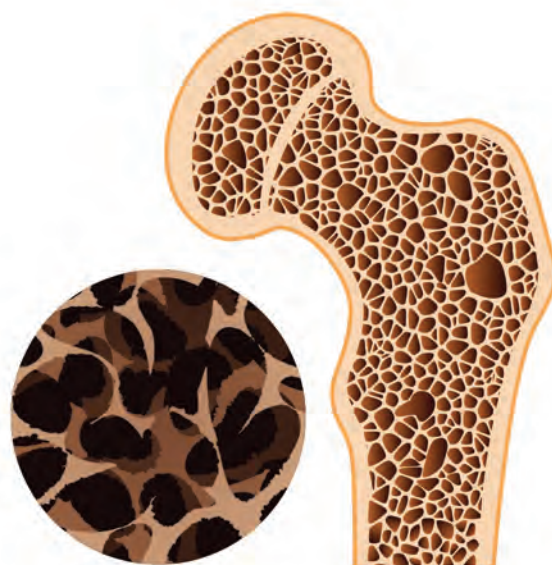


However you choose to think about osteoporosis, it's important to realize this bone disorder can often be reversed once the underlying causes have been addressed.

Osteoporosis



Healthy bone



Osteoporosis

One in 13 people will die a month after suffering from a hip fracture.

- National Osteoporosis Society

Your bones

Bone is actually living tissue. It goes through a continual process of breaking down, called *bone resorption*, and rebuilding. Healthy bone is strong and is composed of many layers (as is unhealthy bone). These layers contain blood vessels, nerves, protein, calcium, phosphorus, collagen (a protein), and bone marrow, which is responsible for producing red and white blood cells.



By your mid-thirties, you have all the bone you are ever going to have.

The stronger and healthier the bones are at this age, the better chance of strong, healthy bones throughout one's lifetime. As you age, you may lose about one percent of your bone mass every year. That is, until menopause hits! There is then a period of time (usually four to eight years), post-menopause, when a woman's bone mass may decrease by as much as 10 to 20 percent! Decreased estrogen is the culprit here.



Men have their struggles too. Decreased testosterone levels increase bone loss.

Bone remodeling

Building bone and preventing bone loss are the keys to preventing or reversing osteoporosis.

There are two cells involved in the bone building process:

1. **Osteoblasts** - Create new bone.
2. **Osteoclasts** - Break down bone (resorption)/recycle old bone.

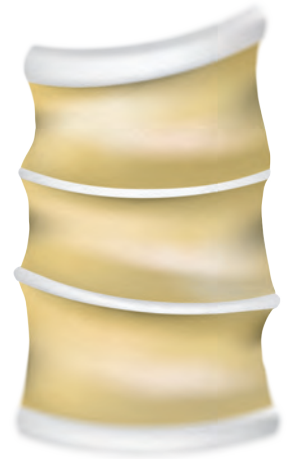
The bone building process, or bone remodeling, occurs when old bone is broken down and new bone is created. Osteoblasts and osteoclasts work synergistically in the body to create a state of equilibrium and balance.

When this equilibrium is thrown out of balance, the health of the bones is jeopardized. Research has shown that cytokines, inflammatory proteins, play a major role in the development of osteoclasts, leading to the bone resorption that is associated with osteoporosis.

Osteoporosis



Normal spine



Spine with osteoporosis

Only children and teenagers form bone faster than they lose it.

- National Osteoporosis Foundation

Types of osteoporosis

There are two types of osteoporosis:

1. Primary
2. Secondary

Primary osteoporosis



Primary osteoporosis covers the vast majority of osteoporosis cases (95 percent).

It is an imbalance in the coupling of osteoblasts and osteoclasts, often a result of inappropriate diet and hormonal and metabolic changes. These changes can be due to the aging process, e.g., menopause, or a multi-nutrient deficiency, especially calcium or vitamin D.

Secondary osteoporosis



Secondary osteoporosis stems from, and is a result of, another condition.

This is known as the primary condition. In the case of osteoporosis, the primary condition could be thyroid dysfunction, diabetes, chronic kidney disease, liver disease, cancer, malabsorption, or pancreatic insufficiency. This form of osteoporosis accounts for only 5 percent of diagnoses.

Who has osteoporosis?

The International Osteoporosis Foundation tells us that an osteoporotic fracture occurs every 3 seconds, resulting in 8.9 million fractures per year. Worldwide, osteoporosis affects 200 million women and an estimated 75 million people in the US, Europe, and Japan. Around the world, one in three women over 50 will experience osteoporotic fractures, compared to one in five men over age 50. Roughly 20 to 25 percent of hip fractures occur in men.

How can I tell if I have osteoporosis?



You probably can't, unless you break a bone! Bone fractures related to bone loss usually occur in the vertebrae, wrist, and hip.

It is a good idea to visit a Naturopathic Doctor and request a bone density scan if you have any of the risk factors for osteoporosis (listed on the next page). For a more precise diagnosis (primary or secondary), request blood work for: thyroid support, a complete blood count (CBC), 25- hydroxyl vitamin D, serum protein electrophoresis, urine calcium, and a comprehensive metabolic panel which covers calcium and phosphate levels.

The effects of osteoporosis

The consequences of having osteoporosis include fractures (most often hip fractures), painful healing, disability, and death.



Osteoporosis is called the "silent thief" because bone loss is often difficult to detect until a fracture occurs.

- Osteoporosis Canada

Who's at risk for osteoporosis?

Here are some of the top risk factors for osteoporosis, in alphabetical order:

- **Abnormal eating patterns** – Examples include high consumption of cow-sourced dairy foods and consuming grain and cereal products. An abnormally low intake of nutrient-dense food decreases nutrient intake crucial for bone health. Regarding eating disorders, the National Osteoporosis Society of the UK says, "Many people with anorexia nervosa (and to a lesser extent bulimia nervosa) will have low bone density and consequently reduced bone strength and their risk of breaking a bone (fracture) is increased."
- **Age** - Risk increases with age. After menopause, fractures are more likely; after the age of 69, both genders are more susceptible to fractures.
- **Body mass** - The lower the body mass, the higher the risk of osteoporosis. Extra weight, even though contraindicated for good health, leads to stronger bones.
- **Certain pharmaceuticals** – This includes treatment with glucocorticoid, a steroid hormone; cyclosporine, an immunosuppressant; and methotrexate, a drug used in chemotherapy.
- **Decreased estrogen levels in women** – Due to menopause, especially at an early age. Certain approaches to cancer treatment also increase risk.
- **Decreased testosterone levels in men** - Poor lifestyle can be a cause. Certain approaches to prostate cancer treatment also increase risk.
- **Excessive alcohol consumption** - Lesser amounts may lower risk.
- **Family history** - When a parent, brother, or sister has osteoporosis, there is a greater risk. Risk is increased even more when there is a family history of fractures.
- **Gender** - Women are six times more likely to have osteoporosis than men.
- **Inactive lifestyle** - Weight-bearing exercise builds bone and lack of weight-bearing exercise decreases bone. (Find weight-bearing exercise recommendations on [page 36](#).)



Osteoporosis is not just a woman's disease... As they age, men lose bone density more slowly than women. But, men need to be aware of osteoporosis.

- National Institute on Aging

- **Magnesium deficiency** – Magnesium in the diet has halved in the past 60 years.
- **Nulliparity** - Or never giving birth.
- **Other vitamin deficiencies** - Specifically, low levels of vitamin C and vitamin D due to poor or inadequate sources (more about this later).
- **Overactive parathyroid and adrenal glands** - Increase risk.
- **Prior fracture** - When experienced during adulthood.
- **Race** - Members of the white population, primarily women, have the highest risk of osteoporosis, followed by those of Asian descent.
- **Smoking** - Creates hormonal imbalance, oxidative stress, and damage to blood vessels, all contributory factors to bone loss. In a 2015 study published online in the *Annals of the American Thoracic Society* conducted on middle-aged to elderly smokers, men had a higher risk than women for osteoporosis and vertebral fractures.
- **Stress** - Releases the stress hormone cortisol. Cortisol breaks down bone.
- **Surgeries to limit food intake** - Also limits nutrient intake crucial for bone health.
- **Thyroid dysfunction** - Iodine deficiency and excess of thyroid hormone increases risk.

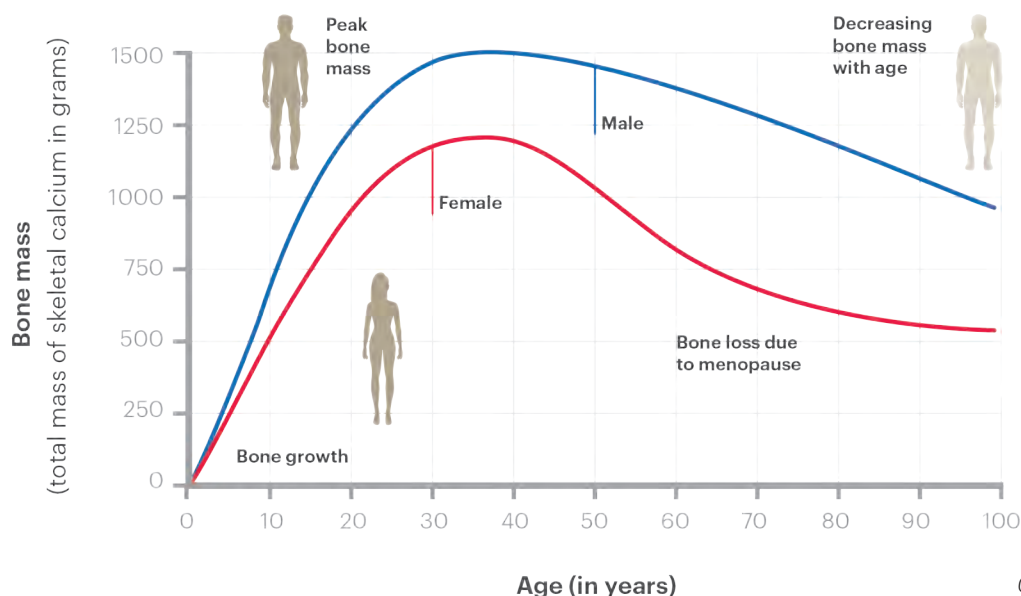


Of all the risk factors for osteoporosis, those that can be changed are probably those most effective in reversing the disease.

These changes include eating a healthy, non-inflammatory diet; correcting hormonal imbalances; reducing stress; and eliminating bad habits like smoking, drinking too much, and living a sedentary lifestyle (weight-bearing exercises are needed to build strong bones). A 2014 study conducted by the University of Eastern Finland also found that women from ages 60 to 70 who had good life satisfaction had higher bone density and fewer cases of osteoporosis.

Childhood and adolescence are critically important times to improve bone mass through regular exercise.

- International Osteoporosis Foundation



Credit: PhilSchatz.com

The Western Un-Natural Food Diet

Nutritional therapy in the form of an anti-inflammatory diet and the appropriate supplementation is fundamental to strengthen the immune system, decrease inflammation, and win the battle against osteoporosis. A diet which will definitely hinder one's prevention and recovery is the Western Un-Natural Food Diet.



Nothing affects us more than what we choose to eat at least three to four times a day, every day.

Most of us lack the essential nutrients in our diet needed for good health, perpetuating inflammation. These nutrients include selenium, iodine, magnesium, B vitamins, chromium, and others. These factors combined with one or more poor choices are part of a disease-promoting lifestyle.



Because of our modern lifestyle, bone breaks down faster than bone can be formed.

The "Balanced Western Diet" (now better described as the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It is consumed more and more on a daily basis.

This highly inflammatory diet is made up of sugary foods in the form of breads, pastas, cereals, and potatoes. The Western Un-Natural Food Diet is way too high in unhealthy fats and lacks the antioxidants and phytochemicals needed to eliminate free radicals. This all too common diet is lacking in high-fiber foods and the foods that provide essential nutrients necessary to reverse osteoporosis – and to prevent it in the first place.

These missing foods include:

- Beans (except when temporarily contraindicated for recovery)
- Dark-skinned fruits
- Nuts
- Seeds
- Vegetables (especially broccoli and kale)



Men and women may begin to lose bone as early as their mid-30s.

- Osteoporosis Canada

Free radicals, oxidative stress, and the inflammation connection

A healthier diet is higher in antioxidants, the substances that fight off and neutralize free radicals. By definition, free radicals are an atom or group of atoms that have at least one unpaired electron and are therefore unstable and highly reactive. Oxidative stress occurs when the body is exposed to an excessive number of free radicals. Oxidative stress damages the cells, including the cells' DNA, proteins, and membranes.



New research shows oxidative stress also damages the bones, partially due to aging poorly which results in a weakened immune system.

Merely existing creates free radicals, as does exercise and the process of eating and digestion. We do require some level of free radicals to function; however, due to our excessive lifestyles of drinking, smoking, and eating toxic foods, our bodies are in overload. Fortunately, antioxidants, available in high-quality foods and supplements, can fight off these free radicals and therefore the damage they do to the body, including the inflammation and bone loss associated with osteoporosis.

Dairy or dark leafy greens?



No matter what else I do, if I just drink my milk and take my calcium pills, my bones will be strong and healthy, right?

Not likely! This is one of the **greatest health myths** of all time. Perhaps because it has been greatly expounded upon by the dairy industry and the National Dairy Council? It is very telling that there is a much higher incidence of osteoporosis in parts of the world where the Western Un-Natural Food Diet is consumed on a regular basis. One study conducted on men and women in three counties in central Sweden discovered that high milk intake was associated with higher mortality in one group of women and another group of men, as well as a higher incidence of fractures in women.

Did you know the bioavailability of calcium from dark leafy greens is higher than the bioavailability of calcium from dairy products? The bioavailability of a nutrient is simply the amount that is actually able to be absorbed and utilized by the body to meet its needs.

Bioavailability of:

- **Greens: 40-64 percent**
- **Milk: 32 percent**

It is worth noting that there are some exceptions to this scenario. Spinach, chard, and beet greens are high in oxalic acid, a substance which inhibits calcium absorption in these foods; however, when these foods are cooked with other greens, the oxalic acid does not affect the other foods. These greens are high in other valuable nutrients and should be enjoyed too!

Dark green leafy vegetables are also a good source of vitamin K. A vitamin K deficiency is associated with bone loss. Carboxylation, a process dependent upon an adequate supply of vitamin K, activates osteocalcin, a protein produced by the cells responsible for building bone (the osteoblasts discussed previously).



Only 25 percent of adults are familiar with the term "osteoporosis."

- National Osteoporosis Society

The calcium myth: BUSTED



So why is calcium important to the health of your bones?

Calcium is the most abundant mineral in the body, making up somewhere between 1.5 to 2 percent of the entire weight of your body. Virtually all (99 percent) of the body's calcium is stored in the teeth and the bones. The other 1 percent is found in the soft tissues and body fluids. Calcium, along with the mineral phosphorus, gives strength to the teeth and the bones.

Calcium has many other functions, like buffering the acidity in your blood. True health, including the health of the bones, requires alkaline, not acidic, blood. Your bones are the biggest resource your body has for alkali. The body maintains alkalinity by pulling the calcium phosphate out of your bones. Bone loss can occur when this process is continuously repeated, and calcium is not replenished.

What dietary factors contribute to acidity in the blood?



The consumption of animal protein!

While vegetable protein is a positive factor for bone health, animal protein is not. Animal protein is acid-forming and detrimental to bone health. Animal protein leads to acidity in the bloodstream, acidity which must be buffered by leaching calcium from the bones, thus leading to osteoporosis over time. Modern grains are also acid-forming, which counters the balance the body needs from a majority of alkaline-forming foods. Acid-forming grains can cause calcium loss in the urine and increase the risk of osteoporosis.

This might explain why even with the amount of dairy and other animal products we consume, an estimated 200 million of us around the world have osteoporosis or low bone mass. Good protein sources of calcium which are non-acidic include almonds, chestnuts, quinoa, millet, and buckwheat. Legumes are also good sources of calcium and less acidifying than animal protein.

Calcium loss: The great danger

Calcium intake, while important, may not be as important to bone health as calcium loss.

Rapid calcium loss appears in the urine and stems from:

- Diets high in animal protein and grains
- Drinking too much alcohol
- Excess salt in the diet
- Insufficient potassium in the diet
- Smoking
- Too much caffeine
- Vitamin D deficiency (absorbs and retains calcium)

Women consuming higher amounts of caffeinated beverages had almost three times the risk for experiencing a hip fracture as compared to women consuming the lowest amounts of these drinks.



Taking high levels of calcium as a supplement can't provide any extra benefits to prevent osteoporosis.

- National Osteoporosis Foundation

Fruits, vegetables, and osteoporosis



The more fruits and vegetables you eat, the stronger your bones will be.

Fruits and vegetables are non-acid forming, alkalizing, and therefore help the body to retain calcium.

This is due to the following nutrients:

- Calcium
- Folate (folic acid)
- Magnesium
- Potassium
- Vitamin K

The folate in fruits and vegetables, along with B6 and B12, keeps the amino acid homocysteine down to lower levels — which, in addition to being critical for a decreased risk of cardiovascular disease, is positively associated with bone density. Folate also has a significant association with increased bone density in certain groups.

Beta-carotene, found in orange and yellow vegetables, is the precursor to Vitamin A and is the preferable source of this vitamin. Higher levels of vitamin A, whether supplemental or through food intake, are linked to a decrease in bone density and an increased risk for hip fractures.

Dr. Susan E. Brown, PhD, of the Better Bones Foundation, says that nutritional rehabilitation to prevent, manage, or possibly reverse osteoporosis has important benefits for the elderly population, “Current research now documents that the elderly often exhibit special, unmet **nutrient deficiencies**, which contribute significantly to their increased risk of osteoporotic fracture.”



Good nutrition is essential to successful rehabilitation in men and women who have already suffered from an osteoporotic fracture.

- International Osteoporosis Foundation

Vitamin D and your bone health



A vitamin D deficiency is one of the risk factors for osteoporosis.

This is because vitamin D:

- Maintains normal blood levels of calcium and phosphorus.
- Aids in the absorption of calcium.
- Increases bone density.
- Decreases the incidence of hip fractures.
- Decreases calcium excretion.

In a study presented at the 2012 Annual Meeting of the American Academy of Orthopaedic Surgeons, researchers revealed that postmenopausal women who had suffered wrist fractures were found deficient in vitamin D. After reviewing the medical records of 104 postmenopausal women treated for distal radius fractures (DRF), commonly related to osteoporosis, the women were compared to 107 age-matched patients with soft tissue disease in a control group. Forty-four percent of the DRF patients had lower levels of vitamin D compared to a mere 13 percent of the control group.

Vitamin D and the sun

Many of us fear the sun because of the increase in the incidence of skin cancer. Unfortunately, because the sun is the best source of vitamin D, now many of us have a vitamin D deficiency!

Another factor related to vitamin D deficiency is age. Sometimes as we get older, we venture out less often due to physical ailments or immobility. Older people also have less of a capacity to absorb “the sunshine vitamin.”

Findings from a creative study give some insight into what your relationship with the sun should be. The study looked at a variety of workers and the environments they spent their time in. Some of them worked inside, some of them worked outside, and some of them worked inside **and** outside.



So what did the researchers find?

The researchers discovered that those who worked in both environments, i.e., inside and outside, presented with less skin cancer than the other two groups. We can conclude the following: Some sun is protective. Too little sun and too much sun are harmful, as I will discuss on **page 38**.



Sun exposure can increase bone mineral density in vitamin D deficient bones and prevent non-vertebral fractures.

- International Osteoporosis Foundation

Vitamin D in food

Vitamin D is found in some animal products; however, as we have learned, these foods compromise your bone health. Vitamin D can also be found in a few fortified plant-based foods; however, the only natural plant-based source for vitamin D is *mushrooms*.



Adequate sun exposure and some supplementation will bring up your levels of vitamin D, preventing a deficiency and contributing to the health of your bones.

*The consumption of fruits and vegetables also offers some protection against skin cancer.

Vitamin D and vitamin K2: The perfect pair



According to Ron Hunninghake, MD, of the Riordan Clinic, vitamin D and vitamin K2 are the dynamic duo.

Dr. Hunninghake says, "Vitamin D3's natural partner is vitamin K2. The genius of this combo begins with proper respect for D3's function of powerfully enhancing calcium absorption. Recent research has shown that excessive calcium intake alone can be harmful to the body. The additional calcium must be correctly utilized, or it can show up in the wrong places and cause disease."

Not only do these vitamins work hand-in-hand to protect the health of the heart by clearing calcium buildup from arteries, but they can strengthen the immune system, correct

hormonal imbalances, safeguard against dementia, improve joint health, and even *reverse osteoporosis*.

As previously discussed, vitamin D3 is very hard to get from the diet. Vitamin D3 is best absorbed through regular, moderate sun exposure and in the form of a high-quality supplement, along with vitamin K2.

Though many of us have been taking these vitamins individually for years, research emphasizes that they are best taken together. Taking a vitamin D3-K2 supplement can help to reverse osteoporosis and restore health – this vitamin combination can even reduce cancer risk!



Osteoporotic fractures most commonly occur in the wrist, spine, shoulder, and hip.

- Osteoporosis Canada

2 important warnings to reverse osteoporosis

1. Fat

Fat, while essential for good health, may be contraindicated for bone loss. A higher vegetable or animal fat diet tends to decrease the body's ability to absorb calcium. A higher fat diet also tends to be higher in omega-6 fatty acids, which are converted into inflammatory hormones.



These hormones encourage osteoclast-induced bone resorption.

2. Glycation and glycotoxins

Glycation is the process by which sugar interacts with proteins and critically collagen in an uncontrolled manner without the presence of enzymes. When foods with the potential for forming glycotoxins are cooked using improper cooking methods, sugars bind non-enzymatically to proteins, resulting in glycotoxins.

There are two types of glycotoxins:

- **AGEs** - Advanced glycation end products
- **ALEs** - Advanced lipoxidation end products



Why should I avoid glycotoxins when I have osteoporosis?

Advanced glycation end products, or AGEs, are associated with bone loss. These end products create damage in the body, including quite possibly the bones. Research shows: more AGEs, fewer osteoblasts. Remember, collagen and osteoblasts are necessary for building bone.

Minimizing AGEs by keeping a healthy blood sugar level may minimize bone loss as these toxins flourish in blood with elevated sugar levels. While absorption rates of dietary glycotoxins are somewhat low, the excretion rate is even lower, meaning the toxins accumulate in body tissues.



Osteoporosis can occur at any age.

- Osteoporosis Canada

Food, inflammation, and glycotoxins

Glycation and the resulting glycotoxins cause an inflammatory response in the body. Too much glucose in the bloodstream for too long and/or choosing foods that are high in glycotoxins leads to inflammation.

The formation of glycotoxins depends upon the choice of foods and the way they are prepared. Cooking foods at temperatures above 250° that are high in protein, fat, or fructose substantially increases the production of glycotoxins.

Cooking methods (liquid) that can decrease the formation of glycotoxins include:

- Boiling
- Braising
- Poaching
- Steaming
- Stewing

Cooking methods (dry) that can increase the formation of glycotoxins include:

- Baking
- Barbequing
- Broiling
- Grilling
- Frying

While all foods containing protein, fat, and/or fructose have the potential to produce some glycotoxins, certain foods in particular are significant sources of glycotoxins:

- Foods high in fat and protein, i.e., animal products
- Foods high in fructose or HFCS

Other than grilling some pineapple on a rare occasion, what sources of cooked fructose are there? Surprise! Pasteurized juices, including the orange juice you drink every morning, and all those sodas you drink containing high fructose corn syrup (which virtually all do) are good sources of glycotoxins.

Consumer, beware! Glycotoxins are already present in many other processed foods and have been for years.



A prior fracture has been linked to an 86 percent increased risk of any fracture.

- International Osteoporosis Foundation

3 super nutrients to reverse osteoporosis

1. Curcumin

Curcumin is best known as the primary curcuminoid in turmeric, probably the most beloved spice of India. For thousands of years, turmeric had a large part to play in Ayurvedic medicine, from reducing inflammation to treating an entire host of maladies.

Today, curcumin and turmeric are being studied for their potential in combatting disease, primarily due to curcumin's biological activity. However, turmeric is not curcumin: Curcumin is thousands of times more powerful than simple turmeric. Curcumin is a phytochemical and an effective antioxidant — in addition to being a natural polyphenol, a chemical which provides many health benefits. Curcumin's role in regards to bone health has to do with osteoclastogenesis, the development of osteoclasts.



Curcumin inhibits osteoclastogenesis and induces apoptosis, programmed cell death, of osteoclasts.

2. Magnesium

While many other nutrients are important for bone health and decreasing the risk for osteoporosis, magnesium has a part to play too. An inadequate intake of magnesium may be yet another risk factor for osteoporosis in postmenopausal women.

Insufficient magnesium in the body interferes with the metabolism of calcium, as well as the hormones that regulate it. We already know fruits and vegetables are a good source of this mineral.



Extra magnesium from high-quality supplements has been shown to increase and maintain bone density better than lesser amounts.

Here is another common osteoporosis myth busted: It is **magnesium** that is needed to build strong bones and prevent bone loss. Since magnesium actively plays a role in calcium transport, researchers concluded at the end of a two-year study conducted on a group of menopausal women that magnesium therapy can prevent fractures and support a significant increase in bone density.

Osteoporosis fractures are more common than stroke, breast cancer, and heart attack combined.

- Osteoporosis Canada

3. Vitamin C

Vitamin C 'halves the risk of hip fractures' and protects bone health

A new study suggests that increasing your intake of vitamin C can reduce your risk of hip fractures.

The study analyzed data from six previous studies on vitamin C and fracture risk, involving more than 10,000 study participants in total.

Vitamin C intake was observed with 2,899 patients who had a hip fracture. Results were compared with 7,908 healthy volunteers who were all of a similar age. The study revealed that vitamin C's consumption and its effect on the bones are beneficial. From eating foods rich in vitamin C or supplementing vitamin C, this can make bones stronger and prevent fractures in the long term.

When 50mg of liquid vitamin C was consumed each day, the risk of a hip fracture was shown to be reduced by 5 percent. When 400mg of liquid vitamin C was consumed, hip fracture reduced by 40 percent.

Researchers concluded that if you want to reduce the risk of a hip fracture, increase your amount of vitamin C. By strengthening the bones, vitamin C can also trigger cells known as osteoblasts to become mature bone cells. Vitamin C can stimulate collagen production and, as bone consists mostly of collagen, it can speed up the healing process.

What is collagen?

- **It's a protein, found in the bones, muscles, skin, and tendons that hold the body together.** In effect, it's a scaffold to provide strength and structure. There are about twenty different types of collagen around the body.
- **Natural collagen is produced from the food we eat and recycled proteins in our body.** Collagen contains most of the protein contained in the body.
- **Natural collagen has critical functions in the body.** Its breakdown and depletion can cause many serious health problems, such as osteoporosis... along with premature aging.
- **We can also supplement collagen.** Supplemental collagen is used for premature aging, medical and cosmetic purposes, and the repair of body tissues.



Why do we lose collagen?

As we age, there is a small natural decline, but poor lifestyle choices exacerbate this, including: Consuming starchy carbohydrates and high-sugar foods and drinks, smoking, too much sunshine, not enough sunshine, artificial lights, not walking enough, not eating mainly foods rich in amino acids such as greens, and other high protein foods.

We also need massive amounts of foods rich in vitamin C that are critical in collagen production.

What if we lose collagen?

Since collagen holds the body together, losses caused by poor lifestyle can include osteoporosis. (Ninety percent of bone matrix proteins are made of collagen.)

In societies that eat high levels of starchy carbs and high-sugar foods and drinks, one in three women over 50 and above will experience a bone fracture, while one in every five men over 50 will experience this too.

Our results strongly support the idea that increasing dietary vitamin C can decrease the risk of hip fracture.

- Researchers from Zhengzhou University in China

Hip fractures are on the increase

Vitamin C's essential role in your healthy aging:

Vitamin C plays the essential role in growing and repairing new tissues within every part of the body. This means it can support your bone health in the long-term. As a key protein, vitamin C also supports the skin, tendons, ligaments, and blood vessels.

It's also capable of healing wounds, forming scar tissue, and repairing and maintaining cartilage, bones, and teeth, along with helping iron absorption. Due to vitamin C stimulating collagen production (and bones are made of collagen), it can support the bone healing process.

Vitamin C intake is recommended for male adults at 400 milligrams per day, while it is 500 milligrams per day for females. Other good sources of vitamin C include citrus fruits, tomatoes, and tomato juice, along with other fruits.

One of the best ways to get more vitamin C absorbed into your body is to take a supplement. Liposomal Vitamin C has a bioavailability up to 98 percent, delivering high-potency vitamin C into your cells. Other oral vitamin C products tend to deliver rates as little as 15 percent. If you want to take good care of your bone health, consider adding a vitamin C supplement into your daily

Recommended examples:

CureC™ - Liposomal Vitamin C – Contains 1000mg of high-quality Liposomal Vitamin C, plus 400 mg PC per serving. With the liposomal delivery system, all of the vitamin C can reach the bloodstream, without any side effects.

Taken at high doses, it delivers countless health benefits, with the potential to support immune function, brain health, blood sugar, and heart health.

Vitamin C can stimulate collagen production, and as bone mostly consists of collagen, it may support the regenerative process. Taking vitamin C may, therefore, maintain healthy bone, cartilage, and connective tissues. This supplement is needed by the body to protect against stress and injury.

Camu Camu Vitamin C – Camu Camu fruit has one of the highest recorded amounts of natural vitamin C worldwide, providing over 2,700mg of vitamin C per 100 grams of fruit. It is rich in vitamins, minerals, and complex amino acids that aid in the absorption of the vitamin C; it is an excellent source of potassium, providing more than 700mg per kg of fruit! It is ORAC tested for antioxidant capacity and remains highly stable over time.



Can I reverse osteoporosis?

I prefer not to use the word “cure” when talking about these health conditions since many cases are directly related to or exacerbated by lifestyle factors.

Cure is a popular medical buzzword, although the medical field cannot provide cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.) Every health condition has a cause. When you take away the underlying cause and follow a non-inflammatory lifestyle, your body will have the support it needs to repair itself, in many cases.

When you remove the cause and support your body with healthy lifestyle choices and nutrients, you can often grow healthy again. You may call this a cure, but I believe it to be making healthy lifestyle choices.

Since osteoporosis is inflammatory, a non-inflammatory lifestyle is a must. It's important to stay hydrated by drinking six to eight 16 ounce (500 ml) glasses of pure, clean water per day. You can heal your body with vital nutrients and antioxidants found in vitamins, minerals, healthy carbohydrates, amino acids, and essential fatty acids.



Optimal nutritional management

Optimal nutritional management is essential for better bone health, for the reduction of inflammation, and for the quality, as well as the length, of life.

Did you know those who consider themselves happy have less inflammation than those who don't? It could certainly be argued that a well-rested person who is of a healthy weight; limits toxins; focuses on a diet bountiful in foods which are nourishing, anti-inflammatory, and a source of enzymes and antioxidants; and who also supplements with high-quality nutrients is an individual who is happy indeed!

Healing starts with nutritional therapy.

Detoxification may be uncomfortable at first, but this too will pass.

Sensible eating can support your recovery.



*...transform your health
with a balanced lifestyle and
essential nutrients...*

The nutrients you need

According to research, these nutrients can manage or prevent osteoporosis in most cases:

Serrapeptase, curcumin, ecklonia cava extract, and vitamin D3 – Take to reduce inflammation and to ease pain.

Vitamin D3 and vitamin K2 – Supports healthy hormonal balance.

Vitamin C – Mineralizes bones and stimulates bone-forming cells to grow.

Magnesium – Restores cellular magnesium levels, protects cells, and relieves aches and pains.

Progesterone – Regulates the hormonal system.

Iodine - Provides essential support for the thyroid and metabolism. Requires selenium to activate it.

Multi-vitamins and minerals – Delivers a full spectrum of 130 nutrients in one capsule that boost immune health to resist premature aging.

Krill oil – Contains omega-3, 6, and 9 fatty acids from shrimp-like crustaceans. Supports the immune system, cholesterol, and other blood lipid levels. May also help to support cell growth, a positive mental state, and healthier mood levels.



What if my doctor doesn't support my recovery?

You can use this Osteoporosis Rehabilitation Program to improve your health alongside any medical treatment and still get the benefits! Your doctor has an obligation to stick with the prescription drug outline that fits into the pharmaceutical industry monopoly. This includes the AMA in the US and the GMC in the UK.

Make no mistake — these organizations make money off disease care for sick individuals. They don't have a business model that promotes actual health recovery in any way, shape, or form. These organizations push a patented prescription drug protocol that allows them to charge outrageous prices for drug use over a lifetime. At the very best, these drugs may help the patient to feel better, but in many scenarios, they could lead to their death.



These industries won't support long-term health recovery in any circumstance!

These organizations are protected by the FDA in the US and the MHRA in the UK. They receive backing from powerful political parties and politicians who continue to fund the disease care monopoly I have just described.

Yet when you follow the Osteoporosis Rehabilitation Program to the letter, you may start to see results within 30 days.

It will be a good day when drug companies are totally banned from contacting or influencing doctors, both directly and indirectly. It will be a good day when the information doctors need to prescribe drugs is made available from an independent body with a legal responsibility to ensure the efficacy and safety of drugs.



Your Osteoporosis Rehabilitation Plan

10 steps for long-term health recovery

This self-recovery protocol can be used by sufferers of osteoporosis and to support long-term bone health, in most cases:



1
Clear inflammation
and facilitate healing

Eat really
healthy foods



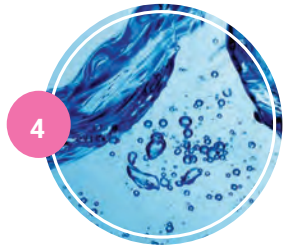
2
Boost the immune
system

Stay active daily



3
Supplement missing
nutrients

Learn proper
breathing



4
Drink more water

Stimulate
acupressure points



5
Cut out un-natural,
high-sugar foods

Get more
sun exposure



It's almost impossible *not* to see significant health changes after applying many of the points in this 10 Step Plan. You can clear up numerous symptoms and may see a full recovery, in many cases.

For details of the following suggested formulas, turn to **page 39**.

1. Clear inflammation and facilitate healing

Helping Osteoporosis Relief Pack - Essential

Serranol™ – Contains SerraEnzyme serrapeptase, Curcuminx4000, ecklonia cava (Seanol), and vitamin D3. Take this to reduce inflammation and to ease pain. Take 2 capsules x 3 times a day, 30 minutes before eating a meal with water, and reduce to 1 x 3 after a good relief.

CureC™ - Liposomal Vitamin C – Compared to tablet or powdered vitamin C, CureC™ - Liposomal Vitamin C goes straight to the source, protecting healthy cells from damage as a potent antioxidant. Take 6mls (1 large teaspoon).

Vitamin D3/K2 Spray – Supports healthy hormonal balance. 5 sprays per day, orally or sprayed onto food.

Nascent Iodine Drops – Provides essential support for the thyroid and metabolism. Take 3 drops in half ounce of water, twice daily or on an empty stomach, or as directed by a healthcare professional. Requires Selenium found in the Active Life product to activate it.



2. Boost the immune system

Helping Osteoporosis Relief Pack - Ultimate

Serranol™ – Contains SerraEnzyme serrapeptase, Curcuminx4000, ecklonia cava (Seanol), and vitamin D3. Take this to reduce inflammation and to ease pain. Take 2 capsules x 3 times a day, 30 minutes before eating a meal with water, and reduce to 1 x 3 after a good relief.

CureC™ - Liposomal Vitamin C – Compared to tablet or powdered vitamin C, CureC™ - Liposomal Vitamin C goes straight to the source, protecting healthy cells from damage as a potent antioxidant. Take 6mls (1 large teaspoon).

Vitamin D3/K2 Spray – Supports healthy hormonal balance. 5 sprays per day, orally or sprayed onto food.

Nascent Iodine Drops – Provides essential support for the thyroid and metabolism. Take 3 drops in half ounce of water, twice daily or on an empty stomach, or as directed by a healthcare professional. Requires Selenium found in the Active Life product to activate it.

Ancient Magnesium Oil ULTRA – Restores cellular magnesium levels, protects cells, and relieves aches and pains. Apply 6-12 sprays of magnesium to arms and legs, twice daily. 100mg of elemental magnesium per 1ml is 6 sprays.

NatraGest™ – Regulates the hormonal system. Apply 1/4-1/2 teaspoon daily to the skin.

The Krill Miracle™ – Supports the immune system, cholesterol, and other blood lipid levels. Take 2 capsules daily with breakfast for 1 month and 1 capsule thereafter, or as directed by a healthcare professional.

Active Life - Provides a full spectrum of 130 minerals with essential selenium, which aids recovery and supports the whole body and immune system. Take 3 capsules x 2 times daily with meals.



3. Supplement missing nutrients

Optional - but highly recommended for at least 1 to 2 months

1st Line Kit - Clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. Three kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.



Click
for more
details

Pure Concentrated Organic Minerals Liquid - Contains 18 amino acids, antioxidants, and 70 electrolytes that may support energy levels and proper cell functioning in the body. Take 3-5 drops, 2-3 times a day.



Click
for more
details

PROVIDES COLLAGEN:

Joint & Skin Matrix™ - BioCell Collagen™ utilizes a patented process that ensures increased bioavailability and rapid absorption into the body. Take 4 capsules daily.



Click
for more
details

4. Drink more water

Drink at least 6-8 glasses of RO filtered or distilled water each day; add a generous pinch of baking soda (sodium bicarbonate) to each glass. This step is essential to promote alkalinity and combat a degenerative disease like osteoporosis.



5. Cut out un-natural, high-sugar foods

As the foundation of bone health, cut out starchy carbohydrates altogether, i.e., breads, pastries, cookies, breakfast cereals, pasta, and potatoes, as well as processed foods and milk products.



Note: Don't eat turnips, parsnips, and rice, except for small portions of wild rice, brown rice, and sweet potatoes/yams.

6. Eat Really Healthy Foods

Make sure to eat some of these foods every two hours for the first few months of recovery:



Eat 9-14 servings of fresh or frozen vegetables each day: try them in soups, steamed, stir-fried, juiced, etc. Eat 50 percent raw, juiced vegetables (preferably organic) and use the pulp to make soup. Blended veggies promote easier digestion.



Eat 5 servings of dark-skinned fruits (like cherries, red grapes, blueberries, etc.) that are rich in antioxidants each day.



Remember that avocados are a number one superfood with almost a complete spectrum of nutrients. If they are readily available in your area, try to eat at least two a day to promote health recovery. Avocados support heart disease, diabetes, cancer, and osteoporosis rehabilitation.



Eat 5 servings of nuts, beans, and seeds (soaked, mashed nuts and seeds).



Eat pasture-fed chicken and other meats, only a few servings per week. Grass-fed meat is recommended above corn or grain-fed meat sources.



Eat a minimum of 3-4 servings of oily fish each week, if you eat fish. Choose a variety of healthy fish like mackerel, sardines, salmon, etc. Canned fish is a nutritious option, although wild caught fish is recommended.



Add healthy oils to your favorite foods, like krill, omega-3, hemp, coconut, and olive oils. Pair with healthy carbohydrate alternatives, like quinoa, chia seeds, amaranth, buckwheat, millet seeds, and healthy pasta made from pulses and stocked in many good grocery stores. You can also try cous cous, if you aren't allergic to gluten protein (celiac disease).



Add 3-5 teaspoons of sea or rock salt, depending on the heat and your body mass, to water or food each day. Remember that sea or rock salt does not contain the important mineral iodine, so Nascent Iodine is included in your rehabilitation plan.

Recommended vegetables

Note: Vegetables may not be available in all countries.

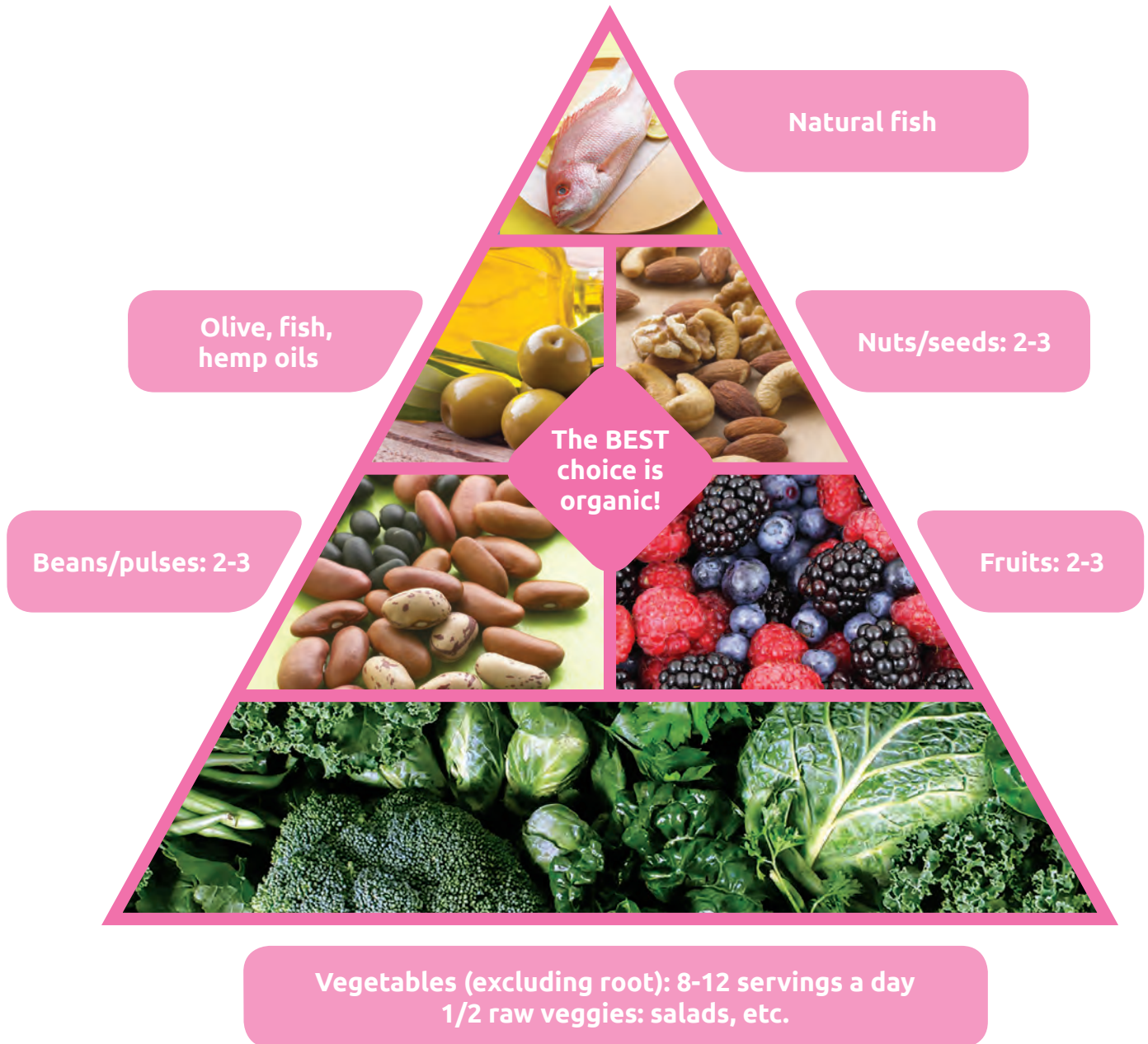
- Artichoke
- Asian vegetable sprouts (wheat, barley, alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad beans
- Broccoli
- Brussels sprouts
- Cabbage (various types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion leaves
- Dried peas
- Eggplant (aubergine)
- Fennel
- Garden peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (kos and various types)
- Mangetout peas
- Mushrooms
- Okra
- Onions (red and white)
- Petit pois peas
- Radishes
- Runner beans
- Seaweed - All types (kelp, wakame, noni, etc.)
- Silver beet
- Spinach
- Squash
- Sugar snap peas
- Zucchini (courgettes)

Recommended fruits

Note: Fruits may not be available in all countries.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/prune (dried plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal berry
- Satsuma
- Strawberries
- Tangerine
- Western raspberry (blackcap)

The Garden of Eden Pyramid



7. Stay active daily

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.



One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.

Use weights or wrist weights as you improve. If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Lie down in a comfortable place. On your bed (if it's firm enough) when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to start your walking and build this up.

The second great exercise for strengthening is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g., skipping or running on the spot; just about anything works, as long as your heart and lungs are working at maximum capacity for 50 seconds. By working at maximum rate, your muscles connected with your heart and lungs will get stronger, and bone health will improve, as I will explain in the next section.



Physical activity is vital to your rehabilitation plan.

As important as nutrition is to the health of the bones, exercise is just as critical. Unlike other parts of the body, bones respond well to stress. Stress on the bones equates to weight on the bones. This can be accomplished through weight-bearing exercises, e.g., strength training and running. There are even weighted vests on the market that can be worn while engaging in activities of daily living (ADLs). These approaches will build stronger, denser bones.

How to use exercise to reverse osteoporosis

The National Osteoporosis Foundation confirms that there are two top exercises that can build and maintain bone density:

1. **Weight-bearing**
2. **Muscle-strengthening**

These recommendations are based on years of research. A 2003 study published in the *Archives of Physical Medicine and Rehabilitation* concluded that high-intensity exercise training can positively influence bone density in early postmenopausal osteopenic women.

Researchers set out to investigate the impact of two years of endurance, strength, and high-impact exercise on bone mineral density in early postmenopausal women with osteopenia (below average bone mineral density). In a non-randomized controlled trial that reported on annual data, the exercise group of women participated in 14 months of training; both exercise and control groups received daily calcium and vitamin D supplements.

Over the course of the two year study, bone density in the lumbar spine significantly *increased* in the exercise group and *decreased* in the control group. The National Osteoporosis Foundation recommends weight-bearing exercises for 30 minutes on most days of the week, muscle-strengthening exercises two to three days per week, and balance, posture, and functional exercises every day, as needed.

Remember to start out slow and build up strength. Weight-bearing exercises can help to reduce osteoporosis risk and alleviate or reverse the condition, in some cases, as muscles pull against bones to stimulate them during exercise. Regular stimulation tells the bones that they are needed and helps to improve bone density.



Just like muscle, bone is a living tissue that will respond to exercise to increase strength.



The whole-body strengthening exercise for osteoporosis



You can strengthen your bones from head to toe with a resistance training exercise that engages the whole body.

A whole-body strengthening exercise, specifically designed for osteoporosis, can help to increase bone density in important “fracture prone” bones that need strength, like:

- Ankles
- Femurs
- Hips
- Shoulders

This whole-body strengthening exercise allows you to cover several key points in your osteoporosis rehabilitation program. Bones like the hips, femurs, shoulders, and ankles provide stabilizing “anchors” throughout the body. These areas of the body need **extra strength training support** because they are high risk bones for osteoporotic fractures.

When you strengthen the muscles around these bones, it can help to stimulate bone growth, according to Wolff’s Law. As I have already discussed, this process helps to increase bone density. Full-body conditioning can also help to increase flexibility and balance to reduce the risk of falls that may result in an osteoporotic fracture.

This exercise is easy enough to perform at home on the days that you exercise. If you are new to exercise, this is the perfect activity to begin with since it will provide the most conditioning in the shortest amount of time.

Here’s how to begin:

1. Hold two hand weights or two cans of food, one in each hand.
2. Stand with feet shoulder-width apart, arms at your sides, palms holding the weights facing in.
3. Squat to a 90° angle. This squat will lower your weights close to the ground as you keep your back straight.
4. Raise the weights above your head. Rotate your arms to face your palms outward.
5. Lower the weights back to shoulder level. Rotate palms inward, and lower weights back to starting position.
6. **Repeat these steps for 5 repetitions.** Rest for a few moments in between, and then complete 5 more reps or the amount that you are comfortable with. Use this exercise 2 to 3 days a week to build up strength.



Source: SaveOurBones.com

8. Learn proper breathing to lower cortisol



Breathing properly is critical since oxygen is the foundation of overall health.

There are two ways to breathe:

1. **Anxious breathing:** In the chest.
2. **Relaxed breathing:** In the diaphragm or stomach area.



The first type of breathing in the chest is related to a stress response and includes hormones like cortisol. This stressful breathing should only be temporary since it is related to a fight-or-flight response that causes hormones to release to relax breathing. If stressful breathing grows chronic, the body will retain carbon dioxide and cortisol to affect healthy functioning systems. Stress breathing will also cause the immune system to weaken, leaving it susceptible to infection and disease.

Make it your number one goal to retrain your body to breathe in a relaxed, healthy manner. This will clear out carbon dioxide and cortisol. When carbon dioxide builds up in your

bloodstream, it will destroy a substance called hemoglobin that the blood uses to transport oxygen throughout the body. This is why it's especially important to focus on relaxed breathing that comes from the diaphragm.

How to breathe correctly

The easiest way to relearn correct breathing is to lie flat on your back on the floor, on a mat or blanket or on a firm bed. Place a small weighted object on your belly button, like a heavy book. Take a deep breath in through your nose so that the book rises as your stomach, or diaphragm, fills with air. Hold this deep breath for a count of 4 and then release through your nose so that your stomach deflates. Use this process to release any tension as you exhale and repeat. In the exercise, your chest should not move to indicate relaxed, stress-free breathing.

Practice this low-stress breathing exercise again and again as you lie down. Once you have mastered the rhythm of the calming breath, you can start to try the exercise while standing. Initially, you may feel dizzy as you intake more and more fresh oxygen, but it's still important to practice the exercise whenever you can. [You can access more resources on breathing lessons at GoodHealthHelpDesk.com.](https://www.GoodHealthHelpDesk.com)



9. Stimulate acupressure points

Another component in your rehabilitation plan is to stimulate acupressure points that connect to your health recovery system. There are a number of points that can be massaged gently with a finger to mimic actual acupuncture. Please read more about this on **page 46**.

10. Get more sun exposure

An essential vitamin to support your overall health is vitamin D3. You can find a large dose of vitamin D3 in the recommended supplements on **pages 39-40**, but it's still critical to get some natural vitamin D from sun exposure.

The sun is the source of life. Unfortunately, myths have been circulated in the health community that the sun is an enemy that we must stay away from at all costs. Even worse, many health professionals recommend slathering your body in toxic chemicals every time you go out in the sun. Of course, I'm not recommending lying in the sun for 6 hours at once on the first hot day of the year. It's essential to build up the skin's tolerance to sun exposure over several weeks for natural protection. By the time that hot summer days come around, you will be able to tolerate a greater amount of natural sun exposure.



Recommendations for sun exposure:

- 1. Expose as much skin as you can to the sun each day, such as on your morning walk.*
- 2. Build up your sun exposure gradually from spring to summer seasons.*
- 3. Try to stay out of the sun in mid-day without a cover-up; a cover-up is preferred to chemical sunscreens.*
- 4. If you do use sunscreen or sun cream, purchase organic products instead of chemical-based, name-brand creams.*
- 5. It's important to remember that the sun is your friend, and sunshine can be enjoyed in moderation!*

More about clearing inflammation and promoting healing

Serranol™

Serranol™ is a combination formula consisting of curcumin, ecklonia cava extract, serrapeptase, and vitamin D3. Take this to reduce inflammation and to ease pain:

- **Curcuminx4000** (from Meriva® curcuma longa extract) – Through a study conducted on 40 female ovariectomized rats, researchers concluded that high-dose curcumin was even more beneficial than low-dose curcumin because of its antiresorptive effect on bone remodeling and ability to improve bone mechanical strength. The high-dose curcumin treatment group had a significant increase in bone mineral densities and cortical bone mineral densities compared to rats in the low-dose curcumin treatment group. Only high-dose curcumin rat subjects showed a significant increase in bone mechanical strength, compared to rats that did not receive curcumin.
- **Ecklonia cava extract** - For centuries, people throughout Asia have consumed Ecklonia Cava Extract, a species of edible brown algae. Harvested from the coastal waters off Japan, Korea, and China, researchers now indicate that marine algae compounds may prove beneficial in osteoporosis treatment because of their rich mineral components. Marine algae and their extracts have demonstrated anti-osteoporosis activity in ovariectomized mice by regulating the balance between bone resorption and formation.
- **Serrapeptidase (technically Serriatia Peptidase)** is a multi-functional proteolytic enzyme that dissolves non-living tissues, such as scarring, fibrin, plaque, blood clots, cysts, and inflammation in all forms – without harming living tissue. Serrapeptase, derived from the intestine of the silkworm, is critical for osteoporosis relief and reversal as it helps to reduce inflammation in the bloodstream. Inflammatory proteins are a major contributor to the development of osteoclasts, which cause bone resorption linked to osteoporosis. As serrapeptase clears inflammatory tissue, it allows the body's own healing system to replace unhealthy tissue with healthy tissue.
- **Vitamin D3** – Vitamin D deficiency is a risk factor for osteoporosis since vitamin D helps to maintain normal calcium and phosphorus levels in the blood, aids in calcium absorption, and increases bone density. Vitamin D also has a lesser-known benefit for those with osteoporosis: Vitamin D may help to protect against broken bones indirectly by reducing the risk of a fall that could cause a fracture or bone break. In a study conducted on 124 nursing home residents, where residents were broken down into four vitamin D supplement groups, the nursing home group with the highest vitamin D dosage had a lower number of fallers and a lower fall rate over five months compared to other groups.



Ingredients:

- Curcuminx4000 (from Meriva® curcuma longa extract) – 250mg
- Ecklonia Cava Extract 25:1 – 50mg
- Serrapeptase – 160,000IU
- Vitamin D3 – 1,000IU

Dosage:

Take 2 capsules x 3 times a day, 30 minutes before eating a meal with water, and reduce to 1 x 3 after a good relief.

CureC™ - Liposomal Vitamin C

Compared to tablet or powdered vitamin C, **CureC™ - Liposomal Vitamin C** goes straight to the source, protecting healthy cells from damage as a potent antioxidant.

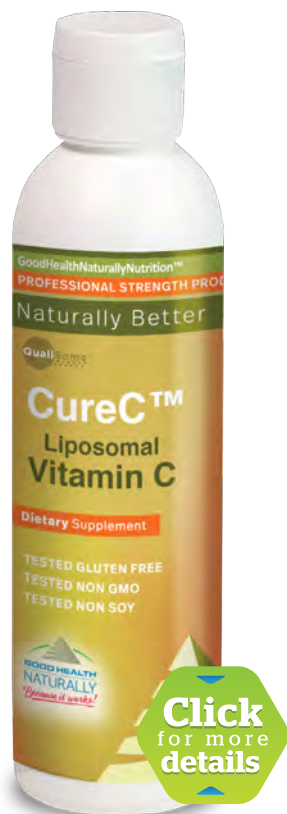
We call CureC™ - Liposomal Vitamin C the “smart” dose for this reason. With the liposomal delivery system, all of the vitamin C can reach the bloodstream, without any side effects often associated with high doses of vitamin C. Vitamin C taken at high doses has been linked to countless health benefits, with the potential to support immune function, brain health, blood sugar, and heart health.

Ingredients:

- Vitamin C (as sodium ascorbate, ascorbic acid) 1000 mg
- Sodium (as sodium ascorbate) 125 mg
- Natural (non-hydrogenated) Phosphatidylcholine 400 mg

Dosage:

Take 6 ml daily (just over 1 teaspoon). Mix into 1 ounce of juice as a palatable way to ingest.



Vitamin D3/K2 Spray

You may have been taking a vitamin D3 supplement for some time, thinking that you're receiving more than enough bone support. But new research suggests that vitamin K2 plays a critical role in the process. For decades, vitamin D3 and vitamin K have been considered “standalone” vitamins. But really, your health can't benefit from one without the other. It's true!

Vitamin D3/K2 Spray supports healthy hormonal balance, along with better calcium and phosphorus absorption. Vitamin D3/K2 Spray may also promote a healthy immune system response.

Ingredients:

- Vitamin D3 – 1000IU – 250%
- Vitamin K2 MK7 – 100mcg – 125%

Dosage:

Take 5 sprays per day.



Nascent Iodine

Nascent Iodine is totally different from the typical iodine in its denser state sold as an antiseptic, as iodine tri-chloride (claiming to be atomized), or as added to potassium iodide to make it soluble in liquid. Nascent Iodine is a consumable iodine in its atomic form rather than its molecular form. It can provide benefits in thyroid and immune support, detoxification, metabolism, improved energy, and more.

Nascent Iodine requires selenium to activate it. When consumed, iodine plays an integral role in the detoxification process and provides a huge release of energy.

Ingredients:

- Iodine - 350 mcg

Dosage:

Take 3 drops in half ounce of water, twice daily or on an empty stomach, or as directed by a healthcare professional.



More about immune strengthening formulations

Ancient Magnesium Oil ULTRA

Ancient Magnesium Oil ULTRA is a next-generation formula incorporating the unique synergistic benefits of MSM and magnesium. Ancient Minerals Magnesium Oil ULTRA offers improved uptake of magnesium ions and enhanced cell membrane permeability; it can be used for pain management, joint mobility, and calming inflammation.

Ancient Minerals Magnesium Oil ULTRA is essential to restore cellular magnesium levels, protect cells, and relieve aches and pains associated with osteoporosis.

Ingredients:

- Purified Water
- Genuine Zechstein™ Magnesium Chloride
- Methylsulfonylmethane (OptiMSM® from Bergstrom)

Dosage:

Apply 6-12 sprays of magnesium to arms and legs, twice daily. 100mg of elemental magnesium per 1ml is 6 sprays.



NatraGest™

Research has shown that progesterone is most effectively administered transdermally as a cream. This way, it bypasses the digestive system, which breaks it down before it has a chance to reach the bloodstream. Progesterone is made up of small, fat-soluble molecules and is well-absorbed through the skin into the fat layers and then diffused into the bloodstream. Common symptoms of estrogen dominance and progesterone deficiency are cramping, breast tenderness, water retention, mood swings, and headaches.

NatraGest™ Natural Progesterone can help bring the progesterone/estrogen ratios back into balance, thus helping to reduce these symptoms. It may also help to maintain normal bone density, which otherwise starts to decline at about 35 years of age. Progesterone may support osteoporosis, circulatory health, and menopausal symptoms.

Ingredients:

- Progesterone (1.6% by weight) 20 - 40 mg
- Aloe Vera Extract in Distilled Water with Catalyst Altered Normalizer
- Octyl Palmitate
- Tocopheryl Acetate (vitamin E)
- Glycerin
- Stearic Acid
- Glyceryl Stearate
- PEG-100 Stearate
- Natural Wild Yam Extract
- Cetyl Alcohol
- Oleic Acid
- Hazel Nut Oil
- Grape Seed Oil
- Panthenol
- Grape Seed Extract
- Triethanolamine
- Sodium Hyaluronate
- Carbomer
- Potassium Sorbate
- Methylparaben
- Phenoxyethanol
- Fragrance

Dosage:

Apply ¼ to ½ teaspoon topically onto the skin daily.

The Krill Miracle™

The Krill Miracle™ contains omega-3, 6, and 9 oils that support protection of cell membranes and stabilization of blood sugar levels.

Krill are tiny shrimp-like crustaceans found in the Southern Oceans. The Southern Oceans are the only ocean in the world that are main unpolluted by the heavy toxic metals that are now found in many fish oils. Krill are a super-rich source of omega-3, 6, and 9, and their antioxidant levels are 300 times greater than Vitamins A and E and 48 times greater than omega-3 found in standard fish oils. (Please note: People with seafood allergies should notify their physician prior to taking a krill or fish dietary supplement.)

Ingredients:

- Superba Boost™ Krill Oil - 1180mg
- Phospholipids - 660mg
- Total Omega 3 - 318mg
 - EPA - 178mg
 - DHA - 82mg
- Choline - 82.6mg
- Astaxanthin - 100mcg

Dosage:

Take 2 capsules daily with breakfast for 1 month and 1 capsule thereafter, or as directed by a healthcare professional.



Active Life™ Capsules

Active Life™ Capsules - A Daily Dose Of Vitamins And Minerals have been formulated with only your wellbeing in mind. Just as the name suggests, Active Life™ Capsules can help to support a busy modern life where stress, high demands, and a poor diet are often a reality. Active Life™ Capsules are a complete all-in-one nutritional supplement to complement any Active Life™ style, offering an all-natural source of 130 vitamins, minerals, and other nutrients.

These convenient caps make it easy to get the essentials that your body needs each day — like the critical minerals selenium and chromium — taken at home or even on-the-go. With each serving of Active Life™ Capsules, you will receive approximately 130 plant-derived minerals, 12 vitamins, and 3 other nutrients to help replenish storages in your body that are naturally depleted each day.



Ingredients

| Ingredients | Amount per Serving | DV |
|--|--------------------|--------|
| Vitamin A (Palmitate/10% Beta-Carotene) | 5000IU | 100% |
| Vitamin C | 500mg | 833% |
| Calcium (from Calcium Citrate) | 120mg | 15% |
| Vitamin D3 (from Cholecalciferol) | 400IU | 100% |
| Vitamin E (as Natural D-Alpha Tocopherol Acetate + Mixed Tocopherols) | 400IU | 1,333% |
| Vitamin K2 (K2 - Menaquinone) | 80mcg | 100% |
| Vitamin B1 (Thiamin) | 10mg | 666% |
| Vitamin B2 (Riboflavin) | 10mg | 588% |
| Niacin - Vitamin B3 (from Niacinamide) | 80 mg | 400% |
| Vitamin B6 (Pyridoxine Hydrochloride) | 10mg | 500% |
| Folate (as (6S)-5-methyltetrahydrofolic acid) (equivalent to 1600mcg of (6S)-5-methyltetrahydrofolic acid glucosamine salt***) | 800mcg | 200% |
| Vitamin B12 (Methylcobalamin) | 100mcg | 1,666% |
| Biotin | 300mcg | 100% |
| Vitamin B5 (from Pantothenic Acid) | 20mg | 200% |
| Iodine (from Potassium Iodide) | 150mcg | 100% |
| Magnesium (from Magnesium Citrate) | 60mg | 19% |
| Zinc (from L-OptiZinc®) | 25mg | 166% |
| Selenium (from Selenomethionine) | 200mcg | 285% |
| Copper (from Copper Gluconate) | 2mg | 100% |
| Manganese (from Manganese Gluconate) | 4mg | 200% |
| Chromium (from Chromium Polynicotinate) | 120mcg | 100% |
| Molybdenum (from Molybdenum Citrate) | 75mcg | 100% |
| Chloride (from Fulvic Trace Minerals) | 16mcg | < 1% |
| Potassium (from Potassium Malate) | 216mg | 5% |
| Boron (from Boron Citrate) | 1mg | * |
| Strontium (from strontium Citrate) | 60mg | * |
| Aloe Vera Powder (200:1) | 2mg | * |
| Bilberry Extract 5:1 | 300mg | * |
| Choline Bitartrate | 25mg | * |
| Fulvic Trace Minerals | 200mg | * |
| Inositol | 40mg | * |
| Lutein (from Marigold flower - ZanMax®) | 20mg | * |
| Zeaxanthin (from Marigold flower - ZanMax®) | 4mg | * |
| L-Cysteine | 10mg | * |
| L-Glycine | 10mg | * |
| L-L-Taurine | 400mg | * |

* Daily Value not established

** L-OptiZinc® brand of zinc mono-L-methionine sulfate.

*** This product uses Gnosis SpA's (6s)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis SpA.

OTHER INGREDIENTS: Vegetable Cellulose (capsule), microcrystalline cellulose and medium chain triglycerides.

Dosage:

Adults and children over age 12 - Take up to 3 capsules twice per day after meal. Children under age 12 - Take 1-2 capsules per day or as directed by a healthcare professional.

More about optional/ missing nutrients

1st Line Kit

1st Line is a new, all-natural product designed to fight against many types of infections, including viruses. It is a patented formula by a British chemist containing Thiocyanate Ions. When added to water, 1st Line provides a drink which forms the same molecules that make up our body's first line of defense against all types of bacteria, yeast, fungi, flu, germs, and viruses.

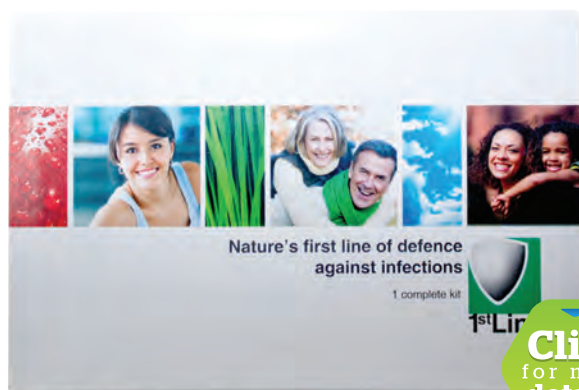
1st Line offers an aggressive attack on these unwanted infections without doing harm to healthy bacteria in the body, a common side effect when using antibiotic drugs. 1st Line is safe and easy to use.

Ingredients:

- Sodium Thiocyanate – 100ppm
- Sodium Hypothiocyanate – 60ppm

Dosage:

Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. Three kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.



Pure Organic Trace Minerals

Nature combines fulvic acid and minerals to form fulvic mineral complexes that are now being referred to by many nutrition and health experts as "The Missing Link of Nutrition."

Pure Organic Trace Minerals contains 18 amino acids, antioxidants, and 70 electrolytes that may support energy levels and proper cell functioning in the body. Pure Organic Trace Minerals provide better absorption of nutrients from supplements and food, promote sound and restful sleep, and support the relief of aches and pains.

Ingredients:

77 liquid trace minerals and elements, electrolytes, and 18 amino acids in purified water from the world's richest source of fulvic minerals including magnesium, selenium, copper, chromium, silver, and more.

- Calories – 1
- Calories from Fat – 0
- Total Fat – 0g
- Saturated Fat – 0g
- Total Carbohydrates – 0g
- Sugars – 0g
- Protein – 0.7g

Dosage:

Take 3-5 drops 2 or 3 times daily in non-chlorinated water or fruit juice.



Joint & Skin Matrix™

Joint & Skin Matrix™ contains BioCell Collagen™ that offers highly bioavailable and comprehensive support for healthy joints and skin.

BioCell Collagen™ provides synergy and support for healthy joints, by using hydrolysed collagen type II, molecular weight (LMW), Hyaluronic Acid (HA), and chondroitin sulfate in a patented composition.

Taking Joint & Skin Matrix™ may also improve skin hydration. During a 12 week study, women who took 1000mg of BioCell Collagen daily said that their skin was up to 76 percent less dry and more hydrated. More than 20 clinical studies and four human clinical trials on BioCell Collagen™ support its effectiveness and safety in promoting good joint health.

Collagen is the main structural protein of various connective tissues, accounting for around 30 percent of the protein content of the human body. It is vital for strengthening blood vessels and giving skin its elasticity and shape. Reduction of collagen causes wrinkles and other skin issues, along with joint problems. Not all collagen is the same, however, which is why Joint & Skin Matrix™ is different.

Joint & Skin Matrix made with Biocell Collagen®, utilises a patented Bio-Optimised™ process that ensures increased bioavailability along with rapid absorption into the body, increasing its potency.

Ingredients:

BioCell Collagen® is a registered trademark of BioCell Technology LLC, Newport Beach, California USA (Protected by US and International Patents).

Food supplements should not be used as a substitute for varied diet.

- BioCell Collagen™ - 2000 mg
- Hydrolysed Collagen Type II - 1200 mg
- Chondroitin Sulfate - 400 mg
- Hyaluronic Acid - 200 mg

Dosage:

Take 4 capsules daily, preferably on an empty stomach or as directed by a healthcare professional.



More about acupressure

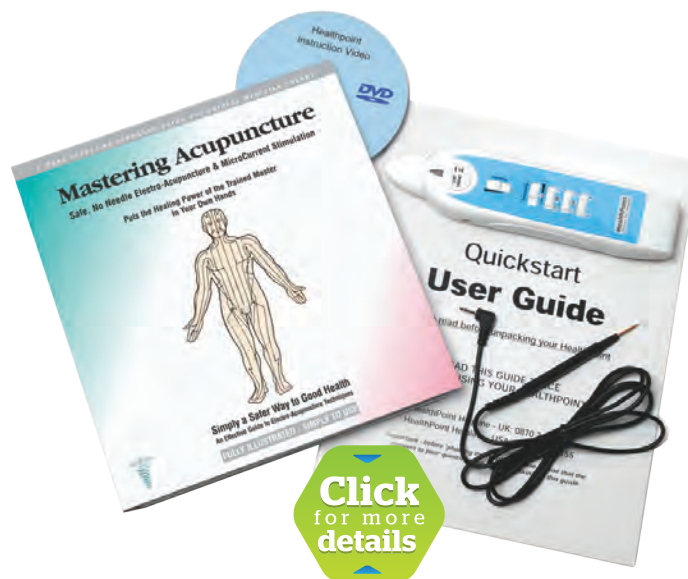
Stimulating the Good Health points on page 0.2 of the book **Mastering Acupuncture** will help to balance bone health. There are also acupressure points specific to osteoporosis pain relief:

- Neck pain – 1.9
- Shoulder pain – 1.10
- Hand pain – 1.12
- Wrist pain – 1.14
- Lower back pain – 1.15
- Hip pain – 1.16
- Knee pain – 1.17
- Ankle pain – 1.18
- Hip injuries – 9.19

These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

HealthPoint™ is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. **HealthPoint™** breakthrough waveform was developed with leading pain control specialist Dr. Julian Kenyon, MD, 25 years ago. Today, it features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for osteoporosis recovery.



In conclusion:

The Osteoporosis Reversal Program offers a complete rehabilitation plan that is specially designed to comprehensively prevent or manage osteoporosis.

Osteoporosis can better be understood as a lifestyle disease. This means that if you change your lifestyle, there is a greater chance of partial or full recovery. When you implement the changes found in the 10 Step Plan, your body can naturally begin the healing process to recover your health.

Drugs won't improve your health.

Drugs aren't effective since they can't make you healthy again. In a best-case scenario, drugs may provide some relief. In a worst-case scenario, they will further damage your health and can even cause untimely death.

Of course, the pharmaceutical industry would love you to continue on your current drug regimen and ineffective rehabilitation plan, relying on toxic medications that inhibit your true path to long-term healing.

Thankfully, you have discovered that there is a better way.

Improved bone health requires a complete program, one designed to address all aspects of what contributes to osteoporosis:

- The Really Healthy Lifestyle is a treatment program structured for those patients struggling with osteoporosis, even after other medical treatments have failed.
- This program can help you learn how to love your body and improve your quality of life. The Osteoporosis Reversal Program includes treatment in the form of exercise, education, and coaching.
- This personalized program incorporates therapy and support, assisting the person in achieving the maximum results possible.

You will find the Osteoporosis Reversal Program outlined in this book. When you follow it carefully, you will see some results starting within weeks.

This rehabilitation plan will always offer health improvements.

The worst outcome when using this plan will be that your health improves, but you still need to take some drugs if your health has been damaged irreparably by medication or osteoporosis.

Start slowly and begin rehabilitation step-by-step.

If you're not used to making major changes in your life, it may be difficult to adopt new healthy habits at first. But stick with it because...

Your health is invaluable.

Robert Redfern, Your Health Coach

Email Robert@goodhealth.nu
www.MyGoodHealthClub.com
for step by step coaching and support.

Osteoporosis Rehabilitation Plan

| TIME | ACTION | AMOUNT |
|--|---|---|
| OPTIONAL ITEMS | | |
| Away from food | 1st Line Kit | Take 1 kit daily for 3 days. It should be taken 90 minutes before and 90 minutes after food, approximately. |
| With a glass of water before meals | Pure Concentrated Organic Minerals Liquid | Take 3-5 drops, 2-3 times a day in water or fruit juice |
| Before your breakfast and evening meal | Joint & Skin Matrix™ | Take 2 capsules twice daily |

BREAKFAST

| | | |
|-----------------------------|-----------------------------|---|
| Upon waking up | Ancient Magnesium Oil ULTRA | Apply 6-12 sprays of magnesium to arms and legs |
| Upon waking up | NatraGest™ | Apply ¼ to ½ teaspoon onto the skin daily |
| 30 minutes before breakfast | Serranol™ | Take 2 capsules with water |
| Before breakfast | Nascent Iodine | Take 1-3 drops in 20 ml of water |
| With breakfast | The Krill Miracle™ | Take 2 capsules |

LUNCH

| | | |
|-------------------------|------------------------------|----------------------------|
| 30 minutes before lunch | Serranol™ | Take 2 capsules with water |
| With lunch | Vitamin D3/K2 Spray | Take 5 sprays |
| With lunch | CureC™ - Liposomal Vitamin C | Take 6 ml (1 big teaspoon) |
| After lunch | Acitve Life™ Capsules | Take 3 capsules |

EVENING MEAL

| | | |
|--------------------------------|-----------------------------|---|
| 30 minutes before evening meal | Serranol™ | Take 2 capsules with water |
| With your evening meal | Nascent Iodine Drops | Take 3 drops in 20ml of water |
| After your evening meal | Active Life™ Capsules | Take 3 capsules |
| 30 minutes before bed | Ancient Magnesium Oil ULTRA | Apply 6-12 sprays of magnesium to arms and legs |

**All of the products you see in this book
can be obtained from the following links:**

Good Health Naturally UK (and Europe)

www.goodhealthnaturally.com
Tel: 03337 777 333
(Open Mon-Fri 9am-5pm)

Good Health USA

www.goodhealthusa.com
Tel: 1800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Canada

www.goodhealthcanada.com
Tel: 1 800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Australia

www.goodhealthoz.com
Tel: + 61 (0)7-3088-3201
From 9am to 5pm AEST

Good Health India

www.goodhealthnaturally.in
Tel: +91 9640428251
From 10am-6pm IST

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All the books in this series:

Curcumin: Nature's Miracle Spice
 Helping Acne, Eczema and Psoriasis, By The Book
 Helping Alzheimer's, By The Book
 Helping Arthritis, By The Book
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 Helping Heart Disease, By The Book
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 Helping Kidney Health, By The Book
 Helping Lung Health, By The Book
 Helping Lupus, By The Book
 Helping Men's Health, By The Book
 Helping Multiple Sclerosis, By The Book
 Helping Osteoporosis, By The Book
 Helping Pneumoconiosis, By The Book
 Helping Pulmonary Tuberculosis, By The Book

Helping Rheumatoid & Juvenile Arthritis, By The Book
 Helping Stroke, By The Book
 One Missing Mineral Can Transform Your Health: Iodine
 The HealthPoint™ Facelift: The Anti-Aging Secret
 The Magnesium Manual (The Forgotten Mineral)
 The Secret To Good Gut Health

Other Books by Robert Redfern:

The 'Miracle Enzyme' Is Serrapeptase

Turning A Blind Eye

Mastering Acupuncture

EquiHealth Equine Acupressure

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

ABOUT THIS BOOK

My Good Health Club

Robert Redfern – Your Personal Health Coach
www.MyGoodHealthClub.com



Robert Redfern is a passionate health coach. He strives to offer you the best information and tools so that you can become a natural health expert to support you and your family's health.

This book combines all of Robert's work

and research on women's health into a simple Osteoporosis Rehabilitation Plan that can be used for naturally improved health.

For more information, you can join My Good Health Club (MGHC) for dedicated Good Health Coaching from Robert Redfern.

Visit www.MyGoodHealthClub.com today for more support for health problems related to:

- Diabetes
- Lung health
- Digestive disorders
- Autoimmune disease
- Alzheimer's disease
- Heart disease
- Stroke
- Men's health

And much more!

"I have been better and stronger."

"Took a bone density test, and my bones were found to be degrading too rapidly. I was at risk for osteoporosis. I didn't exercise much nor take care of my diet. With a change in perspective, I tried Serrapeptase and altered my diet and lifestyle. I have been better and stronger since."

- Angel C., Canada



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