

COMMON ROOT CAUSES OF OSTEOPOROSIS



Building Bone or Losing Bone?

Our bones are living tissue that is constantly remodeling all day, every day. When the balance of cleaning up old bone and laying down new bone is equal we have strong dense bones and when it is out of balance we experience bone loss.

Our lifestyle behaviors determine the outcome of our bone health. The foods we eat or don't eat, the movement we participate in throughout the day or a sedentary lifestyle, and the thoughts we have are all either building or taking away from your bones.

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about debi robinson

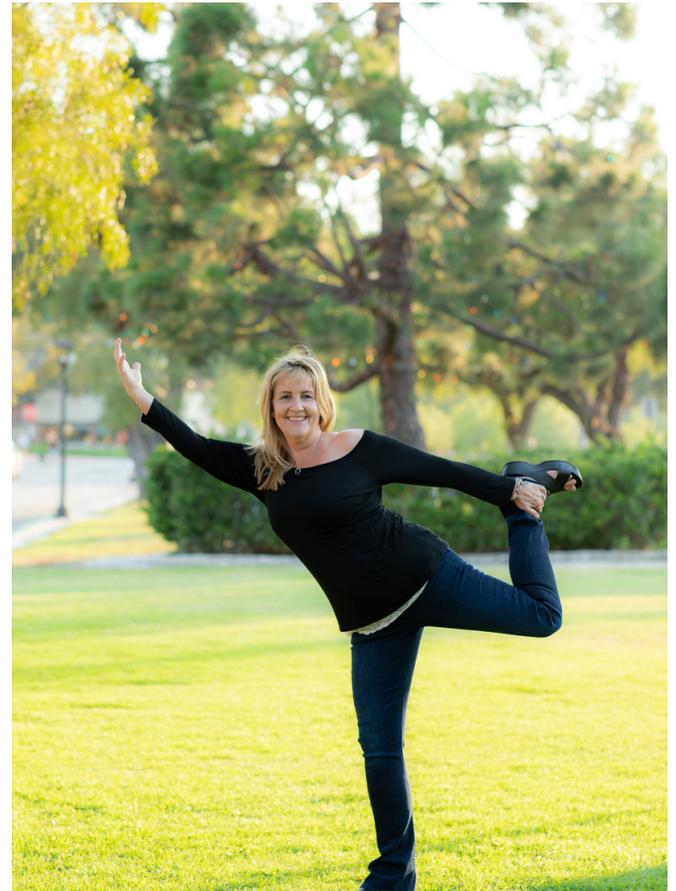


I am a bone health expert on a mission to raise awareness of the importance of having strong good quality bones, mobile joints, a strong body, and a mindset to help you live the life of your dreams for the rest of your life!

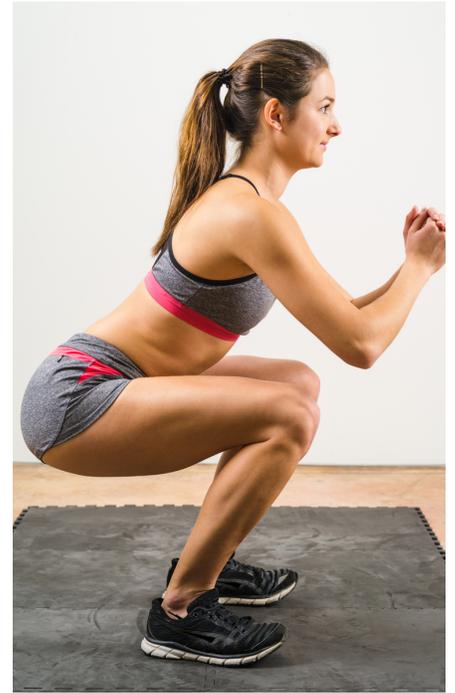
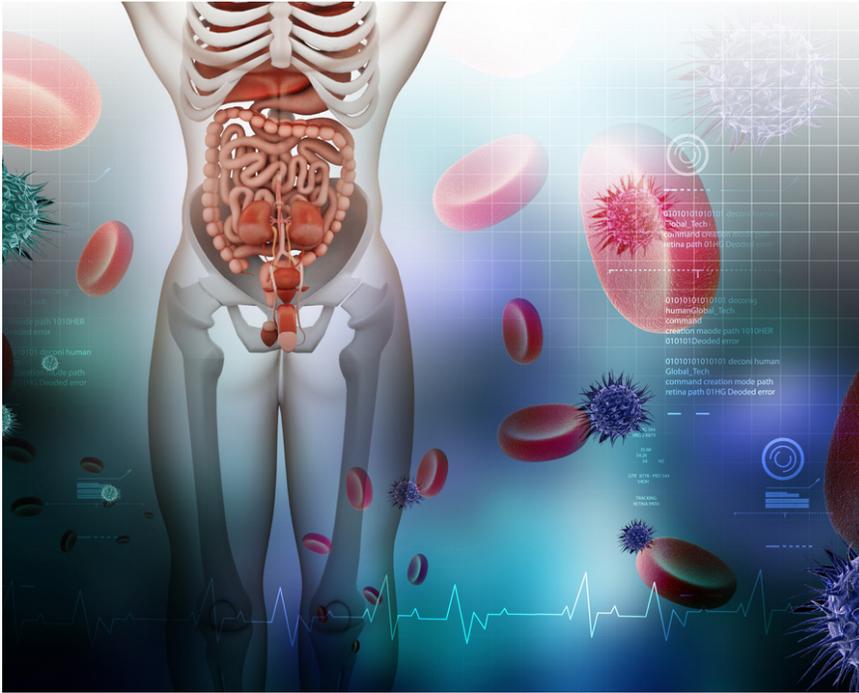
My body was broken at age 50 and it made my life so small and me so sad. I had a total hip replacement at age 51 and got my life back. I added in healthy habits every day for a stronger body, bones, and balance.

I want to help you uncover the root causes of your bone loss so you can stop it or reverse it and let go of feeling fragile and breakable. Join me and I look forward to meeting you soon!

Debi Robinson



Osteoporosis is a Lifestyle Disease



Osteoporosis is a metabolic disease and is the number one disease of women in menopause. A diagnosis can pull the rug out from under you and make you feel fragile and breakable. There are many factors that contribute to bone loss and once you uncover where yours are you can then adopt a lifestyle that will stop bone loss and instead build stronger bones.



Identify Common Root Causes

Do a self-assessment to see if some of these areas may be affecting your bone loss

Digestion



The foods we eat become the building blocks of our cells, tissues, organs, body systems, and bones. Food is medicine and if we begin to understand this and take steps in the direction of using our food as medicine, we may eradicate many of the metabolic conditions that plague the world today. In order for your food to supply the building blocks for your bones and it must be digested, absorbed, and assimilated to become the building blocks of your bones. For this, you need good digestion.

Self-assess your digestion

1. Do you eat quickly?
2. Do you experience gas or bloating soon after eating?
3. Do you experience gas, bloating, or abdominal discomfort a few hours after eating?
4. Do you have diarrhea or constipation?

If you answer yes to any of these questions it may be a sign of poor digestion.

1. Do you chew your food well?
2. Do you have a daily bowel movement?

If you answer no to any of these questions it may be a sign of poor digestion.



Vitamin Deficiencies?

Vitamin D

Vitamin D plays a pivotal role in maintaining bone density, and if you do not get enough Vitamin D, you will not fully benefit from a calcium-rich diet which is the best way to get calcium. Vitamin D assists your body's absorption of calcium and uses it to strengthen your bones. When your skin is exposed to sunlight, your liver and kidneys are responsible for making vitamin D.



Vitamin K

Vitamin K is a fat-soluble vitamin that promotes bone strength by binding calcium & other minerals to our bones. It makes proteins for healthy bones and ensures that bones develop properly. Research finds that vitamin K has a positive effect in maintaining calcium homeostasis and a deficiency seems to be responsible for the so-called “calcium paradox” phenomenon, characterized by low calcium deposition in the bone and its accumulation in the vessel wall. We need vitamin K to help deliver and keep the calcium in our bones and not in our arteries.



Vitamin K is made in your gut

Vitamin K is a fat-soluble vitamin and exists in some forms: K1, which is mainly found in green leafy vegetables, and K2, which is mainly found in fermented dairy and produced by lactic acid bacteria in the intestine so gut health matters for your bone health.

Menopause

Menopause significantly speeds bone loss and increases the risk for osteoporosis due to the decline in estrogen. Research indicates that approximately 50% of women over 65 are affected by osteoporosis or osteopenia worldwide. Are you supporting your estrogen with diet, stress management or herbs?



Corticosteroid Use?

Bone loss occurs most rapidly in the first 6 months after starting oral steroids. After 12 months of chronic steroid use, there is a slower loss of bone. Inhaled steroids are less likely to cause bone loss than steroids taken by mouth. However, in higher doses, inhaled steroids may also cause bone loss.



These medications are often used to treat inflammation. Running functional labs will help you get to the root causes of inflammation and once you find this you can often begin a protocol to reduce your inflammation. One major contributor to inflammation is food sensitivities and a compromised gut lining known as "Leaky Gut." There are labs to check for this in your body.



Toxic Load

The environmental metals cadmium, lead, mercury, and chemicals such as pesticides, phthalates, and bisphenols, disrupt bone metabolism in many ways. Body levels of these toxins directly correlate, in a dose-dependent manner, with the risk of fracture and osteoporosis. Do you eat mostly organic foods? Drink filtered water?

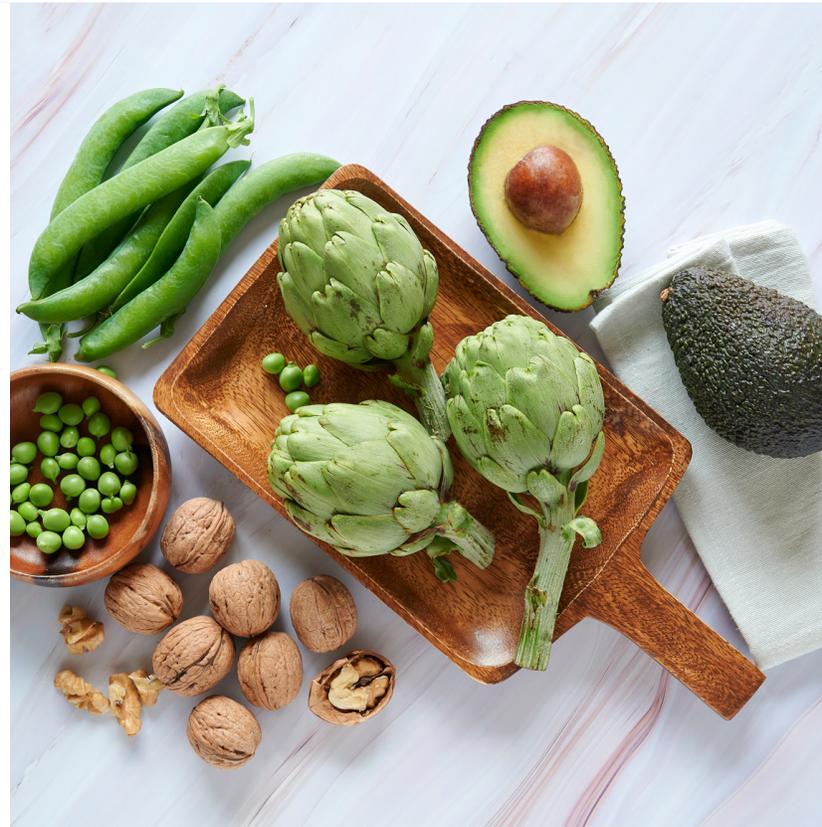
Acidic or Alkaline?

Increased acidity enhances the activity of osteoclasts, increasing the risk of osteoporosis.

Which of these do you do:

- High protein intake
- Smoking
- High salt intake
- Coffee-more than 3 cups a day
- Alcohol- more than 1.5 glasses a day

An increase in fruits and vegetables, with their alkaline residue, is great for bone structure.



Liver and Kidneys

The five major functions of the liver include:

- Filtration.
- Digestion.
- Metabolism and Detoxification.
- Protein synthesis.
- Storage of vitamins and minerals.

Do you have good liver function? Signs it's not can be: acne, allergies, brain fog, depression or fatigue.

Things you can do now!



Feed Your Beautiful Bones

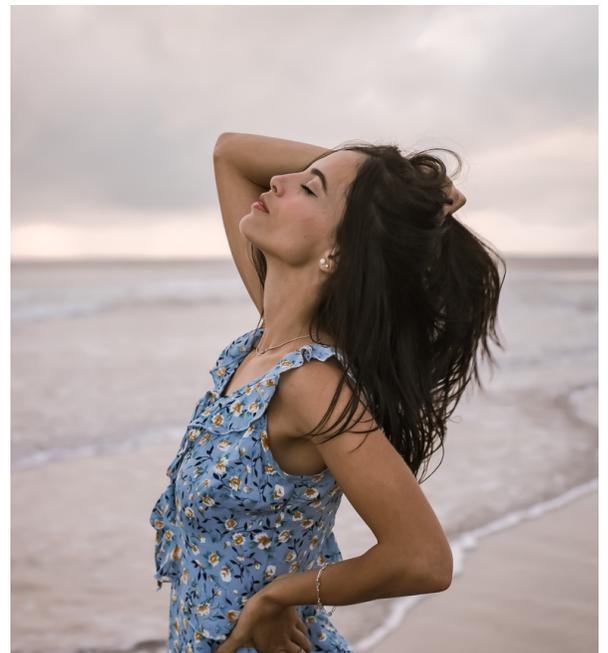
Food is medicine and information. Choose to eat the nutrients that will feed your bones and don't eat the nutrients that cause the minerals to leave your bones.

Add more dark leafy greens, complex carbohydrates, foods full of calcium, magnesium, vitamin K and Vitamin D

Breathe Deeply

Breathing is in charge of the majority of cleansing the body of toxins (the other main areas are through your bladder and bowels.) If you do not breathe fully, your body must work overtime to release these toxins and the minerals leave your bones where they are stored to manage your toxic load.

Do you take time out of your busy day to breathe?



Lifestyle and Movement

USE IT OR LOSE IT!

Being sedentary or immobilized in bed dramatically increases osteoporosis risk. A diagnosis of osteoporosis can make you feel fragile and this can cause you to slow down or stop moving!



STRESS YOUR BONES OUT!

Research shows that two types of movement are particularly effective for bone strength: weight-bearing (walking, stair climbing, yoga) and resistance exercises (lifting weights and yoga). Do something everyday to keep your bones stressed out so they make more bone tissue!

Stress Management



Chronic stress activates the fear center in the brain and sympathetic nervous system. This suppresses the secretion of hormones and increases inflammation, eventually leading to bone loss by inhibiting bone formation and stimulating bone resorption! Yikes, we don't want this to happen!



Options for you to take charge of your Bone Health!

- Weekly guided Yoga for Osteoporosis Classes on YouTube and Zoom
- Private Yoga Therapy Sessions

Healthy Bones Lifestyle Master Class

- Learn how you can take charge of your bone health
- 3 live group zoom sessions
- Online course access with videos, workbooks and a nutrition guide

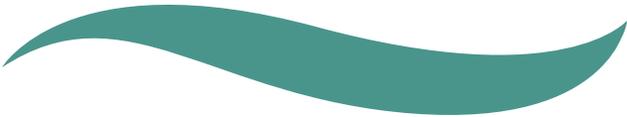
90-Day Bone Mineral Rebalance Group Program

- 1 Hair Mineral Lab with 1 private customized session and protocol just for you
- 3 live group zoom sessions
- Online portal with access to videos, resources, worksheets and a nutrition guide



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**FOR UPCOMING DATES
& REGISTRATION INFO**



take care of your bones everyday

Take your bone health into your own hands by managing all the stressors that lead to bone density loss and slow it down or stop it from happening! Feed, move, push, pull, and relax your bones, body, and mind every day to support a strong body, bones and balance forever!

There are so many natural approaches to your bone health and once you learn what they are you can take charge and know that you can still live a wonderful active life.

I'm excited to see your results. You got this!

Debi Robinson

