

Bone Health

Lifestyle eBook



Debi Robinson Wellness
debirobinson.com

**Osteoporosis is a lifestyle
disease.**

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about debi robinson



I am on a mission to help you realize that aging is a degenerative process and it is a use it or lose it proposition so you have to use it! To appreciate that this body you live in won't last forever, as you may have thought in your 20's and you need to take care of it. I will help you keep your muscles, joints and bones strong, mobile and limber to always be able to dance, play and travel.

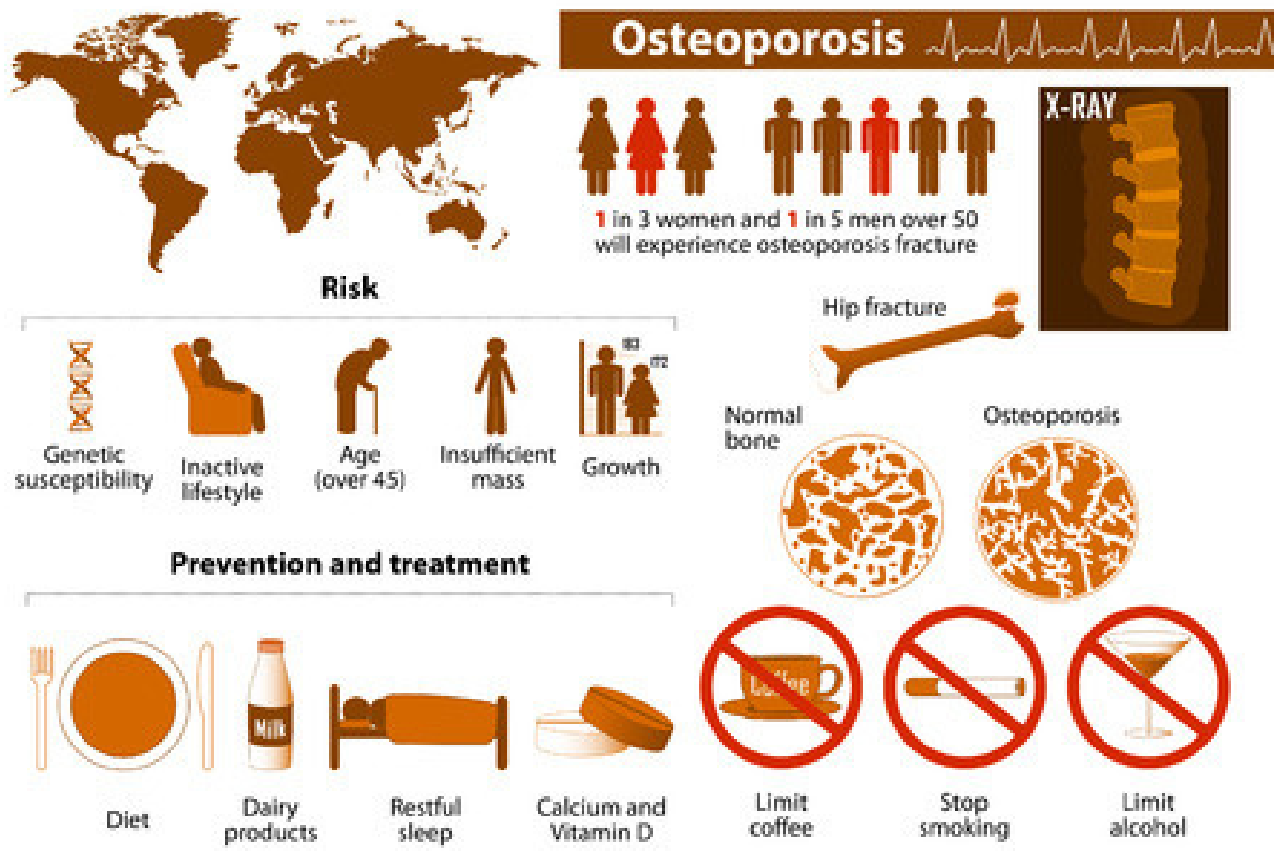
I work with women to get to the root cause of bone density loss to stop it and reverse it so they can always live a very active life with stronger body, bones and balance...FOREVER!

I hope to meet you one day soon!

Debi Robinson



Understanding Osteoporosis



AGING AND BONES

As we age and our bones begin to lose their density there is an increased risk of becoming more susceptible to a fracture and this is frightening! A diagnosis of osteopenia or osteoporosis can leave you feeling fragile and weak and searching for ways to become strong.

WHAT IS OSTEOPOROSIS?

Osteoporosis is a condition in which the bones become brittle and fragile from loss of tissue, typically as a result of aging, hormonal changes, or deficiency of calcium or vitamin D. Bone remodeling is a lifelong process where mature bone tissue is removed by a process called bone resorption and new bone tissue is formed by

a process called bone resorption and new bone tissue is formed by a process called ossification or new bone formation.

Up until our mid 30's the new bone formation is greater than the bone resorption. Once we get to our late 30's this process slows down and we begin to break down our bone tissue more often so that our bones become less dense.

Osteoporosis actually means "porous bones". Our lifestyle can have an impact on this process for the better or for the worse.

*1 in 2
women*

WILL HAVE AN
OSTEOPOROSIS-RELATED
BRAKE IN HER LIFETIME

*1 in 4
men*

WILL HAVE AN
OSTEOPOROSIS-RELATED
BRAKE IN HIS LIFETIME

*if you
have a hip
fracture*

25% WILL DIE FROM THE
INJURY, 25% GO INTO A
HOME NEVER TO LEAVE



*Woman's
risk*

OF HIP FRACTURE IS EQUAL
TO THE COMBINED RISK OF
BREAST, UTERINE, OVARIAN
CANCER

*men
50+*

ARE MORE LIKELY TO
SUFFER A HIP FRACTURE
THAN PROSTATE CANCER

BONE QUALITY



THERE IS HOPE!

Bone quality is not measured by a DEXA scan, and it is a better predictor of fracture risk than just density. We can improve the strength and quality of our bones with yoga and daily lifestyle habits!

DAILY LIFESTYLE PRACTICES

The way we sit, stand, sleep, move, think, breathe and eat are important for our bone health and overall wellbeing. The things we watch, listen too, participate in are also important to the outcome of our emotional health and the overall stress that we are subjected to on a daily basis. There are so many things that are in our control and there are so many things that are not in our control. We need to manage our stress, so our body moves into a healing, repairing, bone building zone more often throughout the day to keep us strong and healthy as we age!

We can incorporate this awareness and add yoga everyday all day long to strengthen our body and mind.



THREE PILLARS OF BONE HEALTH



FIRST PILLAR: MOVEMENT

When it comes to our physical body and keeping it strong, we can have control in our neuromuscular communication, balancing skills, and our habits of posture which will help to minimize the potential risks associated with age and/or bone density loss.

We need to be proactive and bring in daily movement to our body to stay strong and healthy as we age. We need to be more cautious of the way we move and of the effects that movement can have on our weakening bones and degeneration in our joints.

DAILY HABITS

- Add balancing poses to your life every day. Stand in tree pose while you wait for your tea to brew.
- Hold a pose for 6 deep breaths a few times a day to stimulate bone growth in the areas most prone to fracture: pelvis, femur bone, spine and wrist.
- Daily posture check in to notice how you are aligning your joints.
- Add safe movement a few times a day to increase flow and lubricate your joints.
- Build confidence as we realize that we can take care of our own health!



YOGA FOR OSTEOPOROSIS



HOW IT WORKS

Wolff's law, developed by the German anatomist and surgeon Julius Wolff (1836–1902) in the 19th century, states that bone in a healthy person or animal will adapt to the loads under which it is placed.

Wolff's law states that the bones of parts of the body in birds that he was studying were stronger when there was more force applied to those bones. So, the design and the inner structure of those bones actually develop to resist the lines of force. The **bone strength** improved!

GRAVITY, ASTRONAUTS AND OSTEOPOROSIS!

We see that in reverse with the astronauts who fly in space. They have no gravity affecting their body. Therefore, there's less force acting on the bones, the compressive force of gravity, and they lose bone mass. They come back from their trip into space (even if it's only a couple of weeks) with osteoporosis.

YOGA POSES AND BONE BUILDING STIMULATION

Most studies show that dynamic loading promotes bone strength better than static loading, and yoga provides both. In dynamic loading, we vary the angle and the intensity of the load and that happens whenever we go into a pose.

We're gradually moving into a pose, creating a certain stimulus that changes over the few seconds or time period it takes us to get into the pose, and that provides the dynamic loading. Also, when we hold the pose with isometric strength, we're giving another type of load, which is also stimulating to the bones and strengthening the joints!

When you hold the pose, it needs to be strong and you really need to activate your muscles. The pull of the muscles on the bones also stimulates them to remodel, and the muscular action stabilizes your balance. Lack of strength has also been shown to be correlated with increased fracture risk so working on being strong everyday keeps your body and mind strong.

YOGA FOR OSTEOPOROSIS

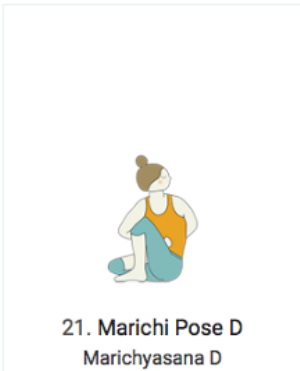
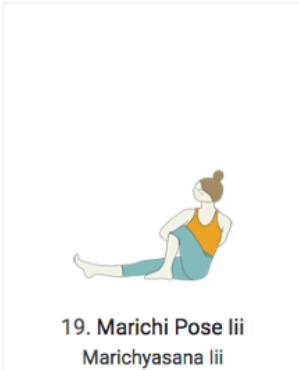
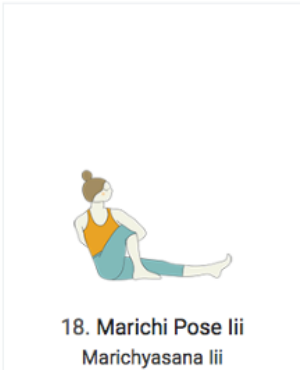
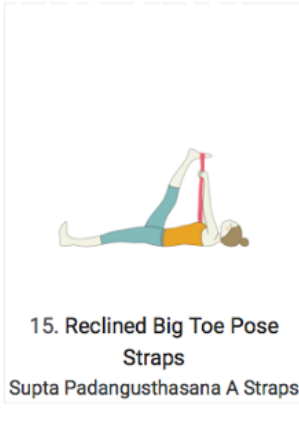
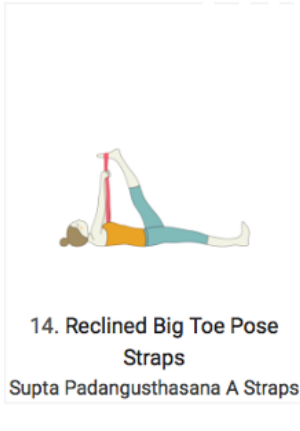
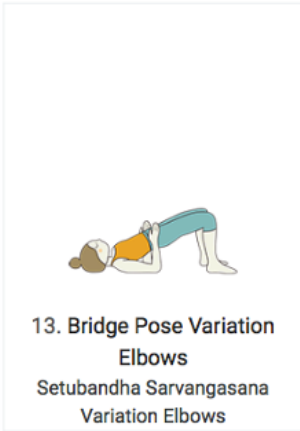
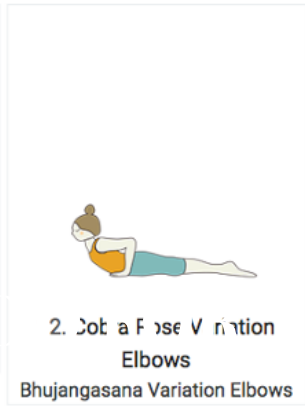
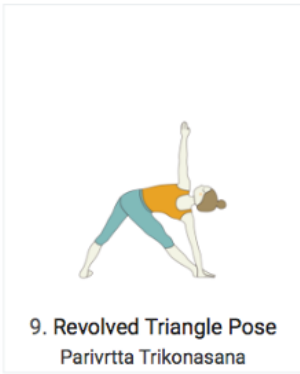


YOGA IS GOOD FOR THE SPINE

When we move the spine in all directions very carefully and evenly, we give the kind of stimulus to the discs that keeps them very healthy and vibrant. When we elongate the spine, we maximize the space between the vertebrae. When we invert or do restorative poses the discs actually drink in extra fluids from the surrounding tissue.

PROVEN RESULTS: 12 POSES VS OSTEOPOROSIS

 1. Tree Pose Vrksasana	 2. Tree Pose Vrksasana	 3. Extended Triangle Pose Utthita Trikonasana	 4. Extended Triangle Pose Block Utthita Trikonasana Block
 5. Warrior Pose II Virabhadrasana II	 6. Warrior Pose II Virabhadrasana II	 7. Extended Side Angle Pose Block Utthita Parsvakonasana Block	 8. Extended Side Angle Pose Variation Elbow Arm Utthita Parsvakonasana Variation Elbow Arm



THREE PILLARS OF BONE HEALTH



SECOND PILLAR: MINDSET

Yoga practice is not only good physically for stimulus, but it's also empowering, psychologically. This is what puts it above and beyond the medications that you may take to strengthen your bones, is that you feel more empowered and you have some control over your own health. You work on

gaining strength physically, mentally and emotionally and this gives you confidence to not feel so fragile and breakable! You focus on improving balance and fall prevention which is the main danger with osteoporosis. "Bones don't just break they break because we fall" and this is where that emotional fear lies for many. Learning how to eradicate weakness in your body will overflow to a stronger mindset.

The stress zone of the nervous system is catabolic and breaks you're your inner energy reserves which may be used in bone remodeling, so we need to learn how to manage our stress. When our stress load is managed our body stimulates the zone of rest and digest. In this place the body repairs, rebuilds and restores tissues and bone remodeling is one of these activities.

DAILY HABITS

- Stop and connect to your breath to help balance your nervous system and stimulate the bone building zone.
- Manage our stress and reactivity to situations with mindfulness to the present moment and not go to the past or to the future.
- Breath work will help to ground your mental energy and regulate the body's biorhythms.

THREE PILLARS OF BONE HEALTH

THIRD PILLAR: NUTRITION

Food is medicine and if we begin to understand this and take steps in the direction of using our food as a medicine, we may eradicate many of the metabolic conditions that plague the world today. Bones are living tissue and just like the rest of our body they will thrive if given all that they need to keep remodeling and stay strong.

Food is medicine and we become what we eat. The foods we eat are the building blocks of our cells, tissues, organs, body systems and our bones! It is important to choose foods that are micro and macronutrient dense to supply the building blocks for growth. It is also important not to eat chemicals and processed foods that will block our energetic flow and get in the way of our vibrancy. Learning how to cook simple delicious meals will help keep your body in the zone to create maximum health, energy, vitality and build bones.

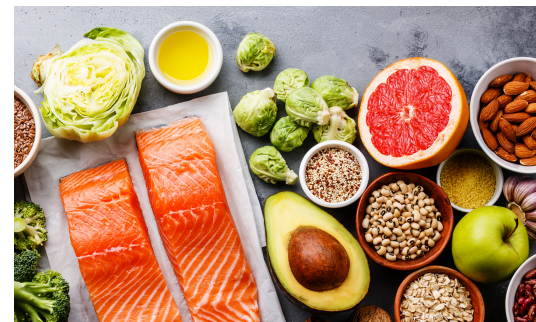
NUTRITION FOR BONE HEALTH: DR DEAN ORNISH

The Ornish Program is based on a nutrition plan and consists primarily of a whole-foods, plant-based diet that minimizes meat intake.

Diet can have a profound impact on osteoporosis, either for the better or for the worse.

This dietary combination of more plants and less animals may slow your rate of bone density loss as you age and decrease your risk for fracture.

You have the power at the end of your fork to determine your bone health and the state of your overall well-being. Choose nutrient dense, clean foods. Try to eat your vitamins and nutrients in food form and supplement when necessary.



PREVENTING OSTEOPOROSIS



LIFESTYLE MEDICINE

Fractures and overall frailty boil down to a simple truism: “As you get older, you are at risk for getting old.” Getting older is not a disease, nor a particularly disabling condition, but, just as with every other stage of life, there are liabilities. Excellent, high-grade studies document the power of simple lifestyle changes, particularly exercise and healthy diet, to reverse not just thinning bones, but all of the degenerative conditions associated with the frailty syndrome.

Building strength is an important component of preventing osteoporosis. To prevent the body and mind from aging inordinately quickly, you need a broader focus and a wide variety of movement activities from balance training and coordination, to maintaining flexibility, aerobic capacity and the type of quiet wisdom and self-acceptance that yoga and meditation provide.

*KEEP
LEARNING.*

*KEEP
BUILDING.*

*KEEP
LIVING YOUR LIFE.*



Learn

LIVE ZOOM
INTERACTIVE
BONE HEALTH
LIFESTYLE
COURSE

1-to-1

CUSTOMIZED
WELLNESS
PROGRAMS TO
TRANSFORM YOUR
BONE HEALTH



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