“How to Strengthen Bones After Osteoporosis: Real Science That Works” Transcript

(Transcripts are generated by AI and may contain errors)

Mariau2019s story

Today I want to tell you about one woman Today I want to tell you about one woman Maria and in this video we will look at Maria and in this video we will look at three key points about bone recovery.

three key points about bone recovery.

Point One: What Really Happens Inside Bone

They may change how you [music] think They may change how you [music] think about bone health. Point one, what about bone health. Point one, what really happens inside [music] bone?

really happens inside [music] bone? Maria once believed her bones could Maria once believed her bones could never improve. But her story shows never improve. But her story shows something remarkable. Calcium can wake something remarkable. Calcium can wake sleeping bone again. When Maria first sleeping bone again. When Maria first came to us, [music] she was 62. She came to us, [music] she was 62. She walked slowly and carefully. Afraid of walked slowly and carefully. Afraid of falling, her skin showed severe falling, her skin showed severe osteoporosis osteoporosis osteoporosis and a very low T-core. But here is and a very low T-core. But here is what's important. Osteoporosis [music] what's important. Osteoporosis [music] is not just what you see on an X-ray. It is not just what you see on an X-ray. It begins deep inside your cells long begins deep inside your cells long before the bone looks weak. Inside those before the bone looks weak. Inside those cells, [music] calcium works like a tiny cells, [music] calcium works like a tiny messenger. If that messenger becomes messenger. If that messenger becomes confused, the [music] bone slowly loses confused, the [music] bone slowly loses strength. That's where anti-orbital strength. That's where anti-orbital ionic calcium [music] comes in. AIC ionic calcium [music] comes in. AIC helps restore the natural signals that helps restore the natural signals that tell bones to build and repair. If tell bones to build and repair. If calcium supplements have never helped calcium supplements have never helped you, stay with this video. You are about you, stay with this video. You are about to see why. Your bones are not just hard to see why. Your bones are not just hard silent structures inside. They are alive silent structures inside. They are alive with [music] two main teams working with [music] two main teams working every day. One group builds new bone, every day. One group builds new bone, the others clears [music] the others clears [music] away old bone. When this balance is away old bone. When this balance is lost, the bone begins to weaken. Think lost, the bone begins to weaken. Think of it like an old house. If you keep of it like an old house. If you keep removing old walls but never rebuilt, it removing old walls but never rebuilt, it [music] becomes thin, shaky, and unsafe.

[music] becomes thin, shaky, and unsafe. So, our goal is simple. support the So, our goal is simple. support the builders, calm the cleaners, and keep builders, calm the cleaners, and keep the bone ready for daily use. But when the bone ready for daily use. But when the balance breaks, deeper problems the balance breaks, deeper problems begin. Tiny cracks [music] appear.

begin. Tiny cracks [music] appear. Strength drops, and even small stress Strength drops, and even small stress can cause damage. Inflammation, toxins, can cause damage. Inflammation, toxins, stress, and aging disturb calcium stress, and aging disturb calcium signals and drain cellular energy.

signals and drain cellular energy. That's when fractures increase. Point That's when fractures increase.

Point Two: What We Can Do Early

Point two, what we [music] can do early. So, two, what we [music] can do early. So, what can we do before it's too late? what can we do before it's too late?

Here is a simple plan that often helps Here is a simple plan that often helps people [music] like Maria. First, reduce people [music] like Maria. First, reduce anything that disturbs calcium signaling anything that disturbs calcium signaling such as inflammation, toxins, and such as inflammation, toxins, and long-term stress. then restore healthy long-term stress. then restore healthy calcium flow inside your cells. AIC calcium flow inside your cells. AIC helps these signals move in a more helps these signals move in a more [music] organized way. Maria began with [music] organized way. Maria began with these steps one by one so it didn't feel these steps one by one so it didn't feel overwhelming. With a few key habits, overwhelming. With a few key habits, light exercise, enough protein, good light exercise, enough protein, good sleep, and proper minerals, your bone sleep, and proper minerals, your bone remodeling can [music] shift back remodeling can [music] shift back towards strength. You will notice towards strength. You will notice steadier steps and renewed confidence.

steadier steps and renewed confidence. [music] [music] [music] If you have a question, feel free to ask If you have a question, feel free to ask Dr. Server in the [music] comments. Now, Dr. Server in the [music] comments.

How Bones Change with Age

Now, let's look at how bone changed with age. let's look at how bone changed with age. We build bone rapidly in youth [music] We build bone rapidly in youth [music] and reach our peak around 30s. Then we and reach our peak around 30s. Then we start losing mass slowly and this loss start losing mass slowly and this loss accelerates after [music] menopause.

accelerates after [music] menopause. That's because hormones also control That's because hormones also control calcium [music] signaling in bone. If calcium [music] signaling in bone. If inflammation or toxins persists during inflammation or toxins persists during these years, the loss speeds up even these years, the loss speeds up even more. So, we need to protect the calcium more. So, we need to protect the calcium messages inside the bone, not [music] messages inside the bone, not [music] just focus on what the scan shows. Early just focus on what the scan shows. Early checks are not there to give you a scary checks are not there to give you a scary label. They are there to help us care label. They are there to help us care for your bones [music] early. Start with for your bones [music] early. Start with simple safety steps at home. Clear the simple safety steps at home. Clear the floors, add lightning, and [music] wear floors, add lightning, and [music] wear stable shoes. This alone can prevent stable shoes. This alone can prevent many fractures. Additionally, remind many fractures. Additionally, remind your bones daily with small steady your bones daily with small steady movements. Even short balanced drills movements. Even short balanced drills signal bones to stay strong. [music] signal bones to stay strong. [music] Calcium must enter cells as a clear Calcium must enter cells as a clear message like a clean instruction, not message like a clean instruction, not random noise. AIC helps keep that random noise. AIC helps keep that instruction clear. Add protein to instruction clear. Add protein to breakfast [music] to sport repair and breakfast [music] to sport repair and let your night's sleep finish the let your night's sleep finish the building work. Maria followed these building work.

Point Three: How to Wake Bone Daily

Maria followed these simple changes at home and step by step simple changes at home and step by step her confidence returned. Point three, her confidence returned. Point three, how to wake bone daily.

how to wake bone daily. When bone density drops further, When bone density drops further, the internal structure becomes thin like the internal structure becomes thin like a sponge full of holes. It may look a sponge full of holes. It may look normal on the outside, but it can no normal on the outside, but it can no longer absorb shocks. Your bones have longer absorb shocks. Your bones have tiny pressure sensors that respond to tiny pressure sensors that respond to movement. Gently walking or [music] movement. Gently walking or [music] light strength work can wake these light strength work can wake these sensors.

sensors. sensors. They open calcium gates inside cells and They open calcium gates inside cells and trigger repair and rebuilding. trigger repair and rebuilding.

These signals reach the cells control These signals reach the cells control room, the nucleus, where they switch on room, the nucleus, where they switch on genes that help build bone. Then rest genes that help build bone. Then

rest allows your bones to harden and allows your bones to harden and strengthen again. Do this most days strengthen again. Do this most days safely and consistently. And don't safely and consistently. And don't forget good sleep. That's when your forget good sleep. That's when your bones finish the [music] repair from bones finish the [music] repair from that day. If pain limits your movement, that day. If pain limits your movement, start small. Even seated drills help.

start small. Even seated drills help. The goal is simple. Open calcium gates The goal is simple. Open calcium gates daily without overload. After checking daily without overload. After checking safety [music] and balance, keep safety [music] and balance, keep practicing small movements. Hold on to a practicing small movements. Hold on to a counter, lift one leg, and find counter, lift one leg, and find stability. A proteinrich breakfast keeps stability. A proteinrich breakfast keeps your repair work [music] going with AIC your repair work [music] going with AIC helping guide. Calcium back into bone helping guide. Calcium back into bone tissue results can come faster than you tissue results can come faster than you think. Maria [music] think. Maria [music] used this small daily moves. Slowly, her used this small daily moves. Slowly, her body began to thrust her bones again.

body began to thrust her bones again. Her followup scan showed a higher Her followup scan showed a higher T-core. It was measurable, not magical. T-core. It was measurable, not magical.

Maria's Follw-Up Scan

She walked with confidence again. For She walked with confidence again. For her, osteoporosis was no longer a life her, osteoporosis was no longer a life sentence. It become a story of renewal.

sentence. It become a story of renewal. Osteoporosis is not the end. It's a Osteoporosis is not the end. It's a signal. When calcium communication signal. When calcium communication improves, bone can respond again. So improves, bone can respond again. So stay hopeful, [music] take action early, stay hopeful, [music] take action early, and let your bones wake up again. Please and let your bones wake up again. Please subscribe and share this video with subscribe and share this video with someone who needs hope for stronger someone who needs hope for stronger