Million Dollar Bones: Simple Habits for Stronger Bones Transcript

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Introduction

Hi, this is Margie. Hi, this is Margie. Today we'll Today we'll talk about Milliondoll talk about Milliondoll Bones. Simple habits that Bones. Simple habits that help strengthen help strengthen our bones—for our bones—for ourselves and for future ourselves and for future generations. And generations. And the best part is that the best part is that the habits we the habits we practice today practice today to protect our bones are exactly what we are exactly what we can pass on to can pass on to our children and grandchildren. This is how we can. This is how we can change the future of change the future of osteoporosis. So in osteoporosis. So in this episode, you'll this episode, you'll learn about learn about four daily four daily habits that can habits that can significantly strengthen your significantly strengthen your bones at any bones at any age. Why posture, " text neck", text neck", neutral neutral neutral pelvic position and pelvic position and hip flexion are so important, hip flexion are so important, how to integrate them into your how to integrate them into your life and why it's so life and why it's so important to have strong important to have strong wrists. And here's a simple exercise you simple exercise you can start doing can start doing today to today to strengthen your strengthen your wrists. And wrists. And finally: how parents finally: how parents and grandparents and grandparents can help the can help the next generation next generation build strong build strong bones for life.

bones for life. My guest is Penny Shore, My guest is Penny Shore, whom I have known for a long time. She is an osteoporosis exercise specialist, has osteoporosis exercise specialist, has training in training in Pilates and dance, and Pilates and dance, and is the author of the Milliondoll Bones program and book. Penny Milliondoll Bones program and book. Penny has conducted many has conducted many classes for our classes for our Happy Bones community.

Happy Bones community. Our participants Our participants always enjoy always enjoy her practical and her practical and engaging approach to engaging approach to movement. By the way, in the movement. By the way, in the release notes release notes you will find you will find information if you are information if you are interested in interested in Penny's work: she has courses Penny's work: she has courses available for purchase available for purchase and many other and many other resources. So resources. So be sure to be sure to be sure to check out the pre- check out the pre- release descriptions, there's a lot of release descriptions, there's a lot of useful stuff there that I useful stuff there that I think will help your think will help your bones. Stay bones. Stay with us. Congratulations, Penny. I'm with us. Congratulations, Penny. I'm so glad to see you so glad to see you on our podcast.

on our podcast. Hello, Margie. Thank you for Hello, Margie. Thank you for inviting me. Always inviting me. Always glad to see you. glad to see you. You know, I'm just delighted You know, I'm just delighted with your with your work. We have known each other for work.

Daily habits to support bone health

We have known each other for so long, and you so long, and you have made such a have made such a big contribution to big contribution to helping people helping people improve their improve their bone health and overall bone health and overall health. Let's health. Let's start with what start with what three habits do you three habits do you think are think are the most important for the most important for all age all age groups: youth, groups: youth, teenagers, and teenagers, and seniors? Oh, great seniors? Oh, great question, and I think the question, and I think the answer answer answer will surprise you. I will surprise you. I probably have four of them, but probably have four of them, but these are the main ones.

these are the main ones. So, one of the So, one of the most important things is sleep. A full night's sleep. A full night's sleep. As you know, I sleep. As you know, I teach people of all teach people of all ages, and it's impossible ages, and it's impossible to convey how many of to convey how many of them come with them come with chronic sleep deprivation.

chronic sleep deprivation. And if we don't get enough And if we don't get enough sleep, it sleep, it affects affects affects bone health. This affects bone health. This affects everything. The second is everything. The second is hydration, drinking hydration, drinking enough enough enough water. So, these are all water. So, these are all basic things that basic things that hopefully won't be hopefully won't be difficult for difficult for people to people to add. But add. But drinking drinking drinking enough enough enough water, you know, our water, you know, our bones bones bones are largely made up of water, and are largely made up of water, and people are usually people are usually dehydrated.

dehydrated. This is so important and This is so important and easy to do. That's what easy to do. That's what I like about I like about hydration, people are hydration, people are just really busy.

just really busy. They don't think about They don't think about it. And so, Quint, it. And so, Quint, what I tell everyone is: what I tell everyone is: start your morning start your morning with a glass of water. Well, with a glass of water. Well, such a big such a big glass of water. You can glass of water. You can add lemon there.

add lemon there. You can add, you know, You can add, you know, whatever you want for flavor, but you're dehydrated, but you're dehydrated when you wake up when you wake up in the morning. This is the easiest in the morning. This is the easiest time of day to drink that time of day to drink that first glass of water, and first glass of water, and it just sets it just sets you up for a much you up for a much better routine, better routine, especially for especially for gut health. So, sleep, gut health. So, sleep, water. The third point water. The third point will be autosuggestion.

The way we talk The way we talk to ourselves determines how to ourselves determines how our our our lives will turn out. I think it's lives will turn out. I think it's very difficult for women to very difficult for women to say something nice say something nice about themselves. I don't know about themselves. I don't know about men, but about men, but when I say, and I when I say, and I start most of start most of my classes like this, I my classes like this, I say, "Okay, tell say, "Okay, tell me something nice." And me something nice." And I want them to I want them to say, “I am strong. I am say, “I am strong. I am happy. I am healthy. I, happy. I am healthy. I, you know, I am powerful. I, you know, I am powerful. I, you know, I you know, I like my eyes.

like my eyes. I like, I like, you know, I like you know, I like how strong my how strong my arms are, or something arms are, or something like that. I want to like that. I want to hear something hear something positive, because our positive, because our words are our words are our magic wands. They magic wands. They truly create truly create our reality: our our reality: our thoughts and our words, the way we think about we think about ourselves, the way we talk ourselves, the way we talk to ourselves. And if we are to ourselves. And if we are constantly constantly constantly picking on picking on ourselves or ourselves or showing it to showing it to the people we love, it first of all affects first of all affects our view of ourselves, our view of ourselves, but it also affects how others see us. So, others see us. So, autosuggestion, and this is what autosuggestion, and this is what I have to continue about I have to continue about. I, I can't. I, I can't disagree. That's why disagree. That's why I teach the I teach the happiness program, and that's always been part of what been part of what I do for the last 40 years, because you're right I do for the last 40 years, because you're right. If. If people have negativity and people have negativity and think about themselves, think about themselves, you know, they don't you know, they don't think about themselves think about themselves positively, how is that positively, how is that going to turn into going to turn into something good? And often something good? And often people think that people think that working on your own working on your own happiness is the happiness is the most selfish thing most selfish thing you can do, you can do, but it's actually the opposite, because it's so contagious.

, because it's so contagious. But I am But I am… I agree. And it has such a I agree. And it has such a big impact on big impact on their training, what their training, what they eat, and they eat, and how they how they treat themselves.

treat themselves.

How to overcome negative self-talk

Yes. Do you have any Yes. Do you have any tips? Do you have tips? Do you have any tools any tools for working with those who are for working with those who are too negative too negative about themselves?

Yes. I developed a Yes. I developed a program called " Multisensory Multisensory Multisensory Awareness," Awareness," Awareness," specifically for people specifically for people who have difficulty who have difficulty feeling positive feeling positive about themselves. The essence of the process about themselves. The essence of the process is that each of is that each of us has our own us has our own individual " well- well- being toolkit," which is being toolkit," which is based on our based on our feelings. What is your feelings. What is your favorite food? What is favorite food? What is your favorite fragrance?

your favorite fragrance? What do you What do you like to watch the most? What is your favorite? What is your favorite song? We engage song? We engage absolutely all of our senses absolutely all of our senses. For example,. For example, if I know I'm if I know I'm sad, I can eat a sad, I can eat a piece of dark piece of dark chocolate or chocolate chocolate or chocolate with sea salt, it with sea salt, it will make me will make me smile and smile and help me get back help me get back to normal.

So I'm always looking for So I'm always looking for inner inner inner balance. I have a balance. I have a silk blanket that I silk blanket that I can touch and can touch and hold in my hands. If hold in my hands. If I feel panicked I feel panicked about something, I can about something, I can take it. Or a certain take it. Or a certain song, like I song, like I put on “Fly Me to the Moon” put on “Fly Me to the Moon” for arm exercise in for arm exercise in class, and it makes class, and it makes everyone smile. But everyone smile. But my “ my “ toolkit” is toolkit” is different from different from yours. And this is the yours. And this is the most important thing in this most important thing in this methodology. It is methodology. It is unique for unique for everyone. Sometimes it's worth everyone. Sometimes it's worth remembering your childhood, you remembering your childhood, you can find can find pleasant things in your pleasant things in your happy memories from the happy memories from the past. This “ past. This “ toolkit” toolkit” toolkit” helps us helps us reach a reach a baseline so we can baseline so we can start start start talking to ourselves positively.

Because if you're feeling Because if you're feeling sad, anxious, or sad, anxious, or irritated, and I irritated, and I say to you, "Well, say to you, "Well, say something good say something good about yourself." You about yourself." You will answer: "No, I can't.

will answer: "No, I can't. " "I'm no " "I'm no good" or good" or "Leave me alone." "Leave me alone." "You don't understand, you "You don't understand, you just don't understand." So this is a way So this is a way to develop compassion to develop compassion for yourself. That's what for yourself. That's what I do with people.

Then I do a Then I do a sequence of sequence of sequence of breathing exercises, breathing exercises, including healing including healing breathing from Qigong. We breathing from Qigong. We work with colors work with colors and our emotions.

If you feel If you feel sad, you should sad, you should direct the white direct the white light into the lungs, where the sadness "lives", and sadness "lives", and exhale with the sound " sss". If you sss". If you feel anger, that's a feel anger, that's a green light. Anger " lives" in your liver. So you want to add the. So you want to add the opposite. Let opposite. Let happiness inside.

happiness inside. Release your anger with a Release your anger with a “shh” sound. I have a “shh” sound. I have a lot of little lot of little tricks that I tricks that I use with people. The use with people. The good thing about "healing good thing about "healing suns" is that it's a suns" is that it's a breathing practice breathing practice that we do while that we do while lying on our back, which lying on our back, which creates axial creates axial stretch, so you're not stretch, so you're not putting pressure on your lungs.

All of our respiratory All of our respiratory muscles, starting muscles, starting from the neck and reaching down to the from the neck and reaching down to the pelvic floor, they are pelvic floor, they are all open to the all open to the channel. In addition to channel. In addition to improving your improving your mood or mood or at least bringing at least bringing it back to normal, it it back to normal, it increases your increases your aerobic capacity.

So, you know, I like to So, you know, I like to simplify things and kind of simplify things and kind of push people push people to change. And they just to change. And they just finish and say, finish and say, "Wow, I really "Wow, I really feel great." feel great." No, I think this No, I think this applies to everyone who applies to everyone who listens to us. These are wonderful listens to us. These are wonderful techniques. I really like techniques. I really like working with white working with white light. True. So, light. True. So, just lie on your back, and you want to…so, and you want to…so we need to…

we need to… you focus. It's a you focus. It's a wonderful feeling. I wonderful feeling. I usually usually usually focus more on very focus more on very delicate work. Many delicate work. Many people who come people who come to me are in to me are in pain, and the wonderful thing is that pain, and the wonderful thing is that once I help once I help them breathe and we them breathe and we begin to eliminate the " discomfort"—the illness that has been building up in that has been building up in their minds, their their minds, their thoughts, because it all thoughts, because it all comes back to comes back to our internal our internal dialogue. So, once dialogue. So, once you can you can eliminate illness eliminate illness through creative through creative visualization with visualization with colors, breath colors, breath work, and our work, and our personal personal well-being toolkit through well-being toolkit through our multi-sensory our multi-sensory technique, you will technique, you will be amazed at be amazed at how powerful it is.

how powerful it is. Perfectly. So try Perfectly. So try all the white light, all the white light, green light. This is a green light. This is a good start. There is good start. There is red light, blue red light, blue light, yellow light, light, yellow light, purple light. And purple light. And also turn on your also turn on your favorite song, favorite song, put it on repeat. If I'm sad, I…my. If I'm sad, I…my cat just died cat just died after a sudden after a sudden illness. I cried illness. I cried every day for a every day for a month, and I just month, and I just had to had to listen to music all the time.

listen to music all the time. Yes. No, I think it's Yes. No, I think it's such an important such an important toolkit to have so that you're toolkit to have so that you're prepared. Are you prepared. Are you ready because these ready because these things…

things… things… Yes. You are ready. Yes. Yes. You are ready. Yes. Have a Have a piece of chocolate handy piece of chocolate handy for yourself. Hey…this is for yourself. Hey…this is interesting. Rose interesting. Rose oil. The scent of roses is oil. The scent of roses is very calming to your very calming to your nervous system. It is nervous system. It is also useful for also useful for setting boundaries in setting boundaries in your life. Oh, I your life. Oh, I adore adore adore rose essential oils, and I rose essential oils, and I love the bright love the bright blue oils from Jodi blue oils from Jodi Conn. But Conn. But anyway, yes. OK.

anyway, yes. OK. So, that was number three. We continue. Another. We continue. Another thing I do, and I do thing I do, and I do n't recommend n't recommend anything to my clients that I haven't anything to my clients that I haven't tried myself.

tried myself. I am a guinea I am a guinea pig. Protein at pig. Protein at every meal. every meal. especially, it's just especially, it's just extremely important.

So, I realize that I'm leaning a little more towards leaning a little more towards nutrition than nutrition than exercise right now. This doesn't mean exercise right now. This doesn't mean that exercise isn't important, that exercise isn't important, but these basic things: getting but these basic things: getting enough sleep, enough sleep, drinking enough drinking enough water, water, treating yourself with treating yourself with kindness, love, and kindness, love, and compassion, and compassion, and consuming consuming consuming enough enough enough protein. This is exactly how protein. This is exactly how we create our we create our healthy body. And if healthy body. And if we don't have a healthy we don't have a healthy "vessel," we won't "vessel," we won't be able to go out and be able to go out and play sports. This is play sports. This is true. And this is the main thing: true. And this is the main thing: you try to you try to do so many do so many useful things, but you useful things, but you don't nourish yourself, don't nourish yourself, you don't optimize everything by taking care of your by taking care of your body. That's why I body. That's why I like all of this.

like all of this. What do you think is the What do you think is the main thing? What do main thing? What do you think is you think is missing the most? Since you've missing the most? Since you've been working with people for so long been working with people for so long, which of these, which of these habits do you think is habits do you think is the least developed and the one that the least developed and the one that people don't people don't pay attention to? What is pay attention to? What is most lacking is most lacking is positive positive positive self-suggestion.

self-suggestion. People don't seem to People don't seem to understand the power of their understand the power of their words, which is the key to words, which is the key to positive positive positive communication with yourself communication with yourself and others. I know you and I share the and others. I know you and I share the same feelings same feelings about about about gratitude, prayer, and gratitude, prayer, and journaling. I journaling. I start every morning with start every morning with prayer. This is a prayer prayer. This is a prayer of gratitude: “Thank of gratitude: “Thank you, God, for another you, God, for another day. Thank you for day. Thank you for putting my soul back into putting my soul back into my body, and I will do my my body, and I will do my best to best to become the best become the best version of myself." That's what's version of myself." That's what's really missing, really missing, because I don't think people have because I don't think people have ever truly ever truly understood the power of our understood the power of our words. We were taught that…

what do they say? "Sticks what do they say? "Sticks and stones may and stones may break my bones, break my bones, but words but words will never hurt." But will never hurt." But I really think what I really think what we're seeing now— especially with especially with social media and bullying and bullying and things like that— of course, words can of course, words can destroy a person, destroy a person, but they can also but they can also inspire. And we have to start inspire. And we have to start with ourselves.

So if we can So if we can say, "Hey, I say, "Hey, I look good." Look in Look in the mirror, tell the mirror, tell yourself something nice, yourself something nice, just say, "I am just say, "I am strong." I have strong." I have this little this little spell. I say, “I am spell. I say, “I am happy. I am healthy.

happy. I am healthy. I am rich. I am strong. I am rich. I am strong. I can walk around the I can walk around the house saying house saying this. When my children were this. When my children were little, we little, we organized a " organized a " diaper-free march" together. So I diaper-free march" together. So I turn everything into a turn everything into a little game or little game or spell. And that spell. And that really makes a difference really makes a difference. And it. And it seems silly, seems silly, but if it puts but if it puts a smile on your a smile on your face, it really face, it really does change the hormones in does change the hormones in your body. So, your body. So, smiling adds smiling adds endorphins and endorphins and helps eliminate helps eliminate cortisol. And this is a separate cortisol. And this is a separate topic that relates topic that relates to how I work with to how I work with people, because I can people, because I can ask you to lie ask you to lie on your back and say, " Okay, but I want Okay, but I want you to smile while you you to smile while you do this." Not only do this." Not only because I because I like seeing like seeing your beautiful your beautiful face with a smile, face with a smile, but also because but also because smiling is good smiling is good for you. Hello, this is for you. Hello, this is Marie. High-quality Marie. High-quality supplements are an important supplements are an important part of a comprehensive osteoporosis treatment program. To osteoporosis treatment program. To help you out, I'm help you out, I'm offering a significant offering a significant discount every day in discount every day in my my my supplement store through Full Script.

supplement store through Full Script. Full Script has the most extensive Full Script has the most extensive catalog of catalog of professional-grade supplements professional-grade supplements and wellness and wellness products I have ever found.

found. found. So, all you So, all you need to do is need to do is go to tinyurl.com. This t i go to tinyurl.com. This t i nyurl.com/supplements is cheaper.

nyurl.com/supplements is cheaper. And you will be taken to And you will be taken to my Full Script store. my Full Script store. And there you will see my And there you will see my favorite favorite favorite bone-strengthening supplements. So be bone-strengthening supplements. So be sure sure sure to check them out.

to check them out. The link will also be The link will also be in the video description. So, let's get back to the, let's get back to the program. Yes. I can't program. Yes. I can't disagree, and disagree, and it's such an important it's such an important component that I've component that I've seen people seen people implement it, I implement it, I mean, that's how mean, that's how I started teaching I started teaching happiness because I've happiness because I've seen chronic seen chronic pain decrease significantly with this element. Okay, let's move on, let's move on to the physical aspect, to the physical aspect, because in your book, because in your book, which I adore. I which I adore.

Posture and text neck: risks of slouching

I love, and we'll love, and we'll talk talk talk about your book, Million Million Million Dollar Bones, a little later, but in your Dollar Bones, a little later, but in your book, and I've known you for book, and I've known you for so many years, I've so many years, I've always thought that was a always thought that was a great statement. You can't say. You can't say "slouch" without " ouch." So let's ouch." So let's talk about talk about posture, "text posture, "text neck." Let's just neck." Let's just talk about talk about why posture is why posture is absolutely key.

Perfect question. Perfect question. So, I'm saying you can't So, I'm saying you can't say " slouching" without "oh," slouching" without "oh," because if you're because if you're constantly hunched constantly hunched forward, I'm going to turn forward, I'm going to turn sideways and your head sideways and your head is thrust forward, which is thrust forward, which we see so often we see so often now through now through social media.

social media. It used to only happen It used to only happen while working on while working on the computer, but the computer, but now, due to the constant now, due to the constant hunching over your hunching over your phone, there's actually phone, there's actually such a thing such a thing as "text neck." And as "text neck." And if people start if people start noticing back pain, shoulder pain, jaw pain,, shoulder pain, jaw pain, chronic chronic chronic headaches, dizziness, headaches, dizziness, it can cause it can cause pain that radiates into the arm, which can make you, which can make you think it's carpal think it's carpal tunnel syndrome, tunnel syndrome, but it could be but it could be neck compression, neck compression, limb weakness, limb weakness, it's blocking your it's blocking your breathing. And all this breathing. And all this happens because of happens because of stooping, even stooping, even if you have healthy if you have healthy bones. If you have bones. If you have osteoporosis or osteoporosis or osteopenia, if your osteopenia, if your bones are weak and bones are weak and you're stooped, I'll you're stooped, I'll just take my just take my skeleton. Here's my… You skeleton. Here's my… You probably already know this, probably already know this, but the back of the but the back of the spine is the spine is the bony part that bony part that we can feel.

The front of the The front of the spine is where compression fractures of the compression fractures of the sphenoid sphenoid sphenoid vertebrae occur, especially between the vertebrae occur, especially between the shoulder blades. So, shoulder blades. So, look, this is look, this is slouching. If you slouching. If you lean forward, your lean forward, your head shifts head shifts forward, and that puts forward, and that puts all that pressure on the all that pressure on the front of your front of your spine, and then you spine, and then you add to the load, like by coughing, like by coughing or sneezing. It doesn't have to or sneezing. It doesn't have to be be be slouching or leaning over slouching or leaning over to lift something to lift something heavy. It doesn't heavy. It doesn't have to be lifting have to be lifting weights or a package. These are weights or a package. These are our everyday our everyday activities, if they are activities, if they are complicated by complicated by complicated by poor posture, or poor posture, or what I teach what I teach people: if you people: if you stretch, stretch, stretch, strengthen muscles, or strengthen muscles, or just move in a just move in a crooked crooked crooked position, it position, it increases the risk of increases the risk of fracture, which is the fracture, which is the worst worst worst outcome; It's outcome; It's no wonder that in no wonder that in English English English the word "slouch " contains " ouch" (oh!). Another thing is that ouch" (oh!). Another thing is that we can get stuck in we can get stuck in this position. This this position. This is called " bone slippage".

bone slippage". And this is even And this is even observed in observed in children. Margie, I'm children. Margie, I'm sure you know sure you know about this, about baby about this, about baby carriers.

carriers. carriers. Children who are placed in C- shaped seats and only move from the car seat to the highchair, to

the playpen, or highchair, to the playpen, or wherever. I have wherever. I have n't had babies in a long time n't had babies in a long time. I don't know. I don't know what's on the market right now.

what's on the market right now. But when you have a But when you have a chronic C-shaped chronic C-shaped form and the child's spine form and the child's spine does not straighten, because he is simply he is simply in this position for most of the day, the strongest the strongest the strongest compression of the spine and compression of the spine and bending forward. This is a bending forward. This is a recipe for their recipe for their body getting "stuck" in body getting "stuck" in this state. I can this state. I can talk about this talk about this endlessly. But one more thing endlessly. But one more thing : The C-shape : The C-shape puts you in a fight-or-flight state, and that fight-or-flight state, and that changes the hormonal changes the hormonal balance in your body.

So, fight or So, fight or flight mode— flight mode— you're contracting like this. Your you're contracting like this. Your shoulders are hunched, shoulders are hunched, you are tense. Your you are tense. Your body doesn't know that body doesn't know that you're not being chased by a tiger, dinosaur, or bear.

Your body simply knows that you are in a that you are in a state of terror. And suddenly cortisol starts to be released into the bloodstream, cortisol starts to be released into the bloodstream, and the body says: "Oh my God, we need to my God, we need to balance this out." What balance this out." What can we do? We can we do? We need calcium." need calcium." Because calcium Because calcium helps our helps our nervous system.

nervous system. That's how we That's how we function. Our function. Our heartbeat, our heart heartbeat, our heart works thanks to works thanks to calcium. So he calcium. So he balances. It balances. It cannot be taken from anywhere, it cannot be anywhere, it cannot be taken from the heart. It is taken from the heart. It is taken from bones.

taken from bones. Certainly. In your Certainly. In your book, you book, you talk about talk about several key several key things. I asked things.

Understanding pelvis alignment and hip hinging

I asked Penny to make some videos for us to explain why they're explain why they're so important: hip flexion and a few other and a few other concepts that, if concepts that, if implemented implemented implemented at any age, at any age, will yield the benefits will yield the benefits we're talking about today we're talking about today. This. This doesn't just apply to doesn't just apply to people who have people who have osteoporosis or osteoporosis or osteopenia. We'll osteopenia. We'll talk about that talk about that soon, but this is something soon, but this is something we can do we can do for the younger for the younger generation and it will generation and it will make a huge make a huge difference, difference, difference, right? Because when right? Because when you understand you understand the concept of how the concept of how to balance the pelvis and how to balance the pelvis and how it affects the rest of the it affects the rest of the body, you realize that it extends to that it extends to everything you do.

So, these are our hips. So, these are our hips. This is the pelvis. It divides This is the pelvis. It divides our body into upper our body into upper and lower parts. So and lower parts. So our feet are attached our feet are attached to it. And you see to it. And you see that the sacroiliac that the sacroiliac joint is located joint is located in your pelvis.

in your pelvis. Ideally, our hips Ideally, our hips should be level, should be level, balanced, like the balanced, like the ceiling or floor of a ceiling or floor of a building. If it is building. If it is misaligned, it misaligned, it affects how everything affects how everything else is positioned else is positioned in our body. So, I'll in our body. So, I'll just stand up and just stand up and see if you can see if you can see me. You may have see me. You may have heard instructors heard instructors talk about a talk about a neutral neutral neutral pelvic position. Essentially, it pelvic position. Essentially, it just comes down to how just comes down to how balanced balanced balanced your hips are. So your hips are. So if you stand like this a lot if you stand like this a lot, like, like carrying a heavy bag carrying a heavy bag or doing something that or doing something that strains your back, or strains your back, or if your feet are if your feet are positioned incorrectly, positioned incorrectly, it throws off the balance of it throws off the balance of your hips. That's why I your hips. That's why I teach people to find a teach people to find a balanced balanced

balanced pelvic position. We pelvic position. We can work on can work on this while standing, lying on our this while standing, lying on our back, on our side, on our back, on our side, on our stomach, or sitting.

stomach, or sitting. Once you know Once you know what a balanced balanced balanced pelvic position is, you pelvic position is, you can always can always return to it. This is return to it. This is important to important to ensure that when ensure that when you have a balanced you have a balanced pelvis, you will not be pelvis, you will not be doing exercises in a doing exercises in a skewed skewed skewed position. As I position. As I said, you don't said, you don't strengthen or strengthen or stretch your muscles stretch your muscles by relying on by relying on compensatory movement compensatory movement patterns. You patterns. You maintain balance.

maintain balance. So you can do it So you can do it sitting down. And one more thing, sitting down. And one more thing, I have a great I have a great pillow here. Do you have pillow here. Do you have one? This is a one? This is a Mix posture pillow.

Mix posture pillow. Yes, I saw it, yes, I Yes, I saw it, yes, I know. know. If you put it on a If you put it on a chair and sit down, it chair and sit down, it raises—I don't know if you can raises—I don't know if you can see it—it see it—it raises your raises your sit bones a little bit. So, if you sit so, if you sit so that your seat that your seat bones are slightly higher than your bones are slightly higher than your pubic bone, you won't pubic bone, you won't be able to slouch be able to slouch on this pillow. So, that gives on this pillow. So, that gives you a little bit of support. And you don't actually. And you don't actually need a pillow for this need a pillow for this. There are ways to. There are ways to sit without a pillow, sit without a pillow, but you need to sit at your but you need to sit at your desk so that desk so that the keyboard is the keyboard is raised so you don't raised so you don't slouch. As slouch. As for " text neck" and text neck" and all that, I all that, I really think there really think there should be a limit to the amount of should be a limit to the amount of time people time people can spend on their can spend on their phones each day. I phones each day. I know that won't know that won't happen, that's a whole happen, that's a whole other conversation, but it's other conversation, but it's one way, one way, if you're sitting up straight, if you're sitting up straight, not to hunch not to hunch forward all the time.

I think the short I think the short answer to the long answer to the long question is education. I think once people I think once people understand the risks of understand the risks of slouching, it will be the slouching, it will be the same as same as understanding that understanding that not not not flossing will lead to flossing will lead to problems. It's a matter of problems. It's a matter of educating everyone and educating everyone and forming healthy forming healthy habits. Yes, that's habits. Yes, that's completely true. And completely true. And the saddest thing is that the saddest thing is that now they now they are actually seeing the are actually seeing the are actually seeing the internal curvature of the internal curvature of the neck straightening. People are losing neck straightening. People are losing it because of "technology ". So, this is ". So, this is really causing really causing changes in bone changes in bone structures. And so this is a structures. And so this is a bone bone bone deformity.

deformity. deformity. Yes. This is a bone Yes. This is a bone deformity. deformity. deformity. Yes. I think people Yes. I think people just don't just don't feel sudden feel sudden pain, or athletes.

I remember many I remember many years ago, I came years ago, I came to my children's school to my children's school as a physical therapist, as a physical therapist, showed them different showed them different things about knees and things about knees and hips, taught them, but hips, taught them, but everyone was sitting. This was everyone was sitting. This was first class. Everyone first class. Everyone was sitting was sitting was sitting hunched over.

hunched over. Yes. Slouching. So I Yes. Slouching. So I stopped everything and started stopped everything and started teaching them. I said, " You know what? You won't You know what? You won't become an athlete become an athlete if you if you sit like that…" And it was sit like that…" And it was interesting, because the teacher interesting, because the teacher said that many said that many years ago, all children years ago, all children were given desks according to their were given desks according to their height so that they height so that they had good posture.

had good posture. She was an older She was an older woman. woman. woman. Yes. Everything has changed.

Yes. Everything has changed. Everything Everything Everything has changed a lot.

has changed a lot. Yes. Yes. Yes. This is what I'm trying to do— no, I'm not trying to. That's no, I'm not trying to. That's why I teach in all why I teach in all my classes. How my classes. How can you work with the can you work with the best possible best possible posture and then posture and then transfer that to any of your favorite any of your favorite exercises, you know?

Exactly. I also teach Exactly. I also teach ergonomics, ergonomics, ergonomics, exactly the same thing, exactly the same thing, but the main thing is to use it to use it throughout your throughout your life.

life. life. Yes. Life. And that's true. Yes. Life. And that's true. That's right. OK. That's right. OK. Now about this. And it Now about this. And it works. That's the works. That's the most beautiful thing about this.

most beautiful thing about this. Oh yes. It works. And it Oh yes. It works. And it works quickly because works quickly because our bodies crave our bodies crave feeling much feeling much better, and at the end of the better, and at the end of the day you will have day you will have much more much more energy. So it's a energy. So it's a win-win win-win win-win situation. OK.

situation. OK. Tell me about Tell me about hip flexion, hip flexion, because people are constantly because people are constantly bending throughout bending throughout the day and greatly increase their the day and greatly increase their risk of fractures risk of fractures just by their just by their daily daily daily activities. So activities. So I think it's worth I think it's worth demonstrating.

demonstrating. demonstrating. So we have it on So we have it on video. We also have a video. We also have a separate video that I separate video that I highly recommend you highly recommend you watch. But why would watch. But why would you just? It's funny, but I tell people, " Put your hands on your Put your hands on your hips." And they hips." And they do so. This is my do so. This is my waist. And the hips are lower.

When I say find When I say find the hips, this is where the the hips, this is where the thigh bones thigh bones connect to the pelvis. connect to the pelvis.

This is the hip This is the hip joint. So, the bend in joint. So, the bend in the hips is where the hips is where we should we should bend from. We have to bend from. We have to bend at the bend at the hip joints.

hip joints. If you put your If you put your thumbs in the thumbs in the crease near my underwear, crease near my underwear, and my feet—you can't and my feet—you can't see them, but they're see them, but they're hip-width apart. So, I hip-width apart. So, I can tilt, I can can tilt, I can tilt… It's nothing.

tilt… It's nothing. We managed. So, you We managed. So, you want your want your feet to be directly under your feet to be directly under your hips. And the tilt in hips. And the tilt in the hips happens when you lean when you lean back. I'll turn back. I'll turn sideways. This is a forward sideways. This is a forward tilt. Back tilt.

tilt. Back tilt. Backbend is our Backbend is our slouching posture. slouching posture. You see, when I You see, when I tilt my hips tilt my hips forward, my head also forward, my head also goes forward. If I goes forward. If I tilt my hips back, tilt my hips back, exaggerating, it's exaggerating, it's like I have a tail that like I have a tail that I want to wag. The neutral position is somewhere in the middle.

You can find it by You can find it by making a triangle making a triangle with your hands. So, the thumbs with your hands. So, the thumbs and index fingers and index fingers touch each touch each other. My other. My thumbs are under my belly button and my thumbs are under my belly button and my index fingers are pointing at my index fingers are pointing at my pubic bone. When pubic bone. When viewed from the side, when viewed from the side, when back bending, my back bending, my fingers are in front of my fingers are in front of my thumbs. If thumbs. If I wag my "tail", my I wag my "tail", my fingers are behind. And we fingers are behind. And we need a level. In need a level. In this level position, you this level position, you can look can look down and see that the down and see that the thumbs and index thumbs and index fingers are on the same fingers are on the same plane. My knees plane.

My knees are pointing forward.

So, this is our So, this is our neutral position. And when we sit down or. And when we sit down or stand up, I will show you how I stand up, I will show you how I bend at the hips and bend at the hips and lower myself into the chair.

When I rise, I When I rise, I lean forward again lean forward again at the hips. So, right now I'm in a So, right now I'm in a straight straight straight back position, leaning on my back position, leaning on my feet and lifting myself up, feet and lifting myself up, but I'm not sitting down or standing but I'm not sitting down or standing up without using my up without using my hip joint hip joint to assume this to assume this position. Now, if I position. Now, if I need to bend over need to bend over to pick something up, I to pick something up, I do a pelvic tilt. I crouch down do a pelvic tilt. I crouch down and then and then I can carefully I can carefully bend over to bend over to pick up the object. Or pick up the object. Or I can do a " I can do a " golfer's tilt": if I golfer's tilt": if I know I have to know I have to lift something, I lift something, I want to want to hold on to something so I don't hold on to something so I don't lose my balance and lose my balance and fall. But it all fall. But it all starts with a tilt starts with a tilt in the pelvis, with a straight in the pelvis, with a straight back, and then back, and then lifting. Is this…is this lifting. Is this…is this true? Yes. No, that's great. And in Kenny's book you. And in Kenny's book you describe this, and also in describe this, and also in our video, which I'll our video, which I'll leave in the leave in the release notes. You can release notes. You can watch it for watch it for more more more information. Yes. I information. Yes. I think this is important think this is important for any age, for any age, it can prevent it can prevent injuries, and it's so injuries, and it's so easy once you learn. You implement this. You implement this because because because you see a lot of people you see a lot of people just just just bending at the bending at the waist, forming waist, forming that same C-shaped that same C-shaped curve.

curve. curve. Oh yes. And they reach out to Oh yes. And they reach out to pick something up without pick something up without even even even thinking about it.

I often work with I often work with people, even with their people, even with their feet, and I say, " Okay, we're going to Okay, we're going to work on work on toe articulation toe articulation, extension, and, extension, and flexion," and people flexion," and people don't even think don't even think they can they can use their use their toes until they toes until they start moving their start moving their ankle. So I'm ankle. So I'm starting to integrate starting to integrate these things because I know I'm these things because I know I'm jumping around a bit, jumping around a bit, but it's also important but it's also important for balance, and we for balance, and we need strong, need strong, agile toes to keep from agile toes to keep from falling. Good.

Exercises to strengthen your wrists

So before we So before we get to the " get to the " million dollar bones," million dollar bones," there's one thing in your there's one thing in your book that you talk about that I think is really I think is really missing even in missing even in great programs is the wrist. So is the wrist. So many people, many people, mostly women, mostly women, get get get wrist fractures and also wrist fractures and also have very weak have very weak wrists.

wrists. wrists. Yes. Yes. Yes. This is not what we This is not what we train for. Your train for. Your book had such a book had such a great exercise that great exercise that anyone can do without anyone can do without any any any equipment or weights.

equipment or weights. You can just You can just do it. So why do do it. So why do n't you show it? n't you show it? Good. And this exercise—it's Good. And this exercise—it's important to keep our wrists strong, keep our wrists strong, because God forbid, we'll because God forbid, we'll trip and trip and fall. If we fall. If we try to try to try to try to instinctively instinctively instinctively put our hands up, which put our hands up, which we do without we do without thinking, and thinking, and fall forward on our fall forward on our palms, we will most likely palms, we will most likely get a get a wrist fracture. So it's wrist fracture. So it's very simple. What you very simple. What you need to do is need to do is find your find your correct posture.

correct posture. There is nothing I There is nothing I teach that doesn't teach that doesn't start with this start with

this balanced balanced balanced posture. So for posture. So for this, you know, this, you know, hip-width apart, I want hip-width apart, I want you to press your you to press your feet into the floor and feet into the floor and lift your waist an inch. You can. You can check if your check if your pelvis is in a neutral pelvis is in a neutral position by shrugging your position by shrugging your shoulders, lowering them, shoulders, lowering them, and taking a breath. And when and taking a breath. And when I say "take a breath," make sure you don't make sure you don't inhale, exhale, and inhale, exhale, and raise your shoulders.

raise your shoulders. Our breathing Our breathing actually actually actually occurs in the occurs in the chest. chest. chest. Since we are using the Since we are using the abdominal muscles, the main thing is not to make a mistake: make a mistake: remember that one remember that one hand is always clenched hand is always clenched into a fist, and the other is straight.

into a fist, and the other is straight. You need a You need a neutral neutral neutral wrist position. And you wrist position. And you start like this.

Then place your hand on the Then place your hand on the ankles from above and ankles from above and below. You can below. You can hold them hold them for 10 seconds, for 10 seconds, doing three to doing three to five repetitions. And five repetitions. And then we change hands.

. And how hard do you And how hard do you push? push? I'm pushing, I'm pushing I'm pushing, I'm pushing pretty hard. I pretty hard. I push as hard as I push as hard as I can can can while maintaining while maintaining proper posture.

proper posture. That's right. That's right. Maintaining proper Maintaining proper posture and a neutral posture and a neutral wrist position, wrist position, because, as with everything because, as with everything else, we don't want to else, we don't want to reinforce a reinforce a reinforce a crooked posture.

crooked posture. Just be Just be careful. If it hurts, you're pressing you're pressing too hard. So too hard. So you'll feel it in your you'll feel it in your wrist, maybe your wrist, maybe your hands, sometimes your shoulders, hands, sometimes your shoulders, but I also want but I also want you to keep good you to keep good posture. You posture. You raise your waist.

So you're working So you're working from the inside out from the inside out as we do this, but as we do this, but it's an isometric it's an isometric strengthening strengthening for the wrist.

for the wrist. And we have a video about it that And we have a video about it that you can you can follow and do it follow and do it all in full. So that will all in full. So that will also be in the also be in the show notes. You have many show notes. You have many resources.

resources. resources. Yes. And it's in the book.

The inspiration for Million Dollar Bones

So now I want to So now I want to talk about your talk about your book and about Million-Dollar book and about Million-Dollar Bones, because all these things Bones, because all these things that we can do that we can do for ourselves are so for ourselves are so important for the important for the next generation. You started…we've known. You started…we've known each other for a very each other for a very long time, and you started this long time, and you started this program back in 2009.

program back in 2009. I know. Tell us I know. Tell us why you started it and why you started it and why you decided to why you decided to return to it in return to it in this new book. I this new book. I started Million-Dollar Bones started Million-Dollar Bones because a lot of people because a lot of people would come into my would come into my Pilates studio at the time and Pilates studio at the time and say, "Oh, I say, "Oh, I just have a little just have a little osteopenia in my hip." osteopenia in my hip." "I have that, I have that." "I have that, I have that." And I began to deeply And I began to deeply study what this study what this meant, meant, meant, taking into account the

taking into account the taking into account the necessary necessary necessary modifications. And one modifications. And one of my mentors of my mentors was Sarah Meeks. So, was Sarah Meeks. So, I started working with I started working with Sarah, and she Sarah, and she invited me to give a presentation at her presentation at her first-ever first-ever first-ever conference in conference in Baltimore. This was her Baltimore. This was her first annual first annual conference using the conference using the Meeks method. She Meeks method. She said, "But I want said, "But I want you to suggest you to suggest something else." And I something else." And I said, "What about said, "What about prevention?" I prevention?" I said that we know said that we know that our bones that our bones grow fastest during grow fastest during childhood, childhood, childhood, adolescence, up until about adolescence, up until about age 20.

This is a kind of This is a kind of accumulation, and the thought came to my mind that we have a the thought came to my mind that we have a kind of savings bank kind of savings bank for bones that we for bones that we fill up by the age of 20. And everyone I knew was. And everyone I knew was only working on only working on treatment. I treatment. I kept telling kept telling myself: if our myself: if our bones are at their bones are at their strongest by the strongest by the age of 20, why is so age of 20, why is so little attention little attention paid to paid to paid to prevention and prevention and education? So " education? So " Million Dollar Bones" was Million Dollar Bones" was dedicated to both dedicated to both the prevention and the prevention and treatment of treatment of treatment of osteoporosis, and, in osteoporosis, and, in fact, to the education of fact, to the education of children. At that time, I children. At that time, I also organized a also organized a national national national support group for support group for teens under the auspices of the teens under the auspices of the National National National Osteoporosis Foundation, and Osteoporosis Foundation, and teens would come teens would come to my studio on to my studio on Saturdays. I just Saturdays. I just left the studio left the studio open all open all day. I was teaching day. I was teaching classes, we were talking classes, we were talking about our bones, and about our bones, and they kept they kept asking, "Why did asking, "Why did n't anyone n't anyone tell us this?" I tell us this?" I replied, "I'm not replied, "I'm not sure, but don't be sure, but don't be angry with your angry with your parents or teachers." parents or teachers." They are doing everything they They are doing everything they can. And for me, it can. And for me, it was like, "Oh, I have an was like, "Oh, I have an idea." Let's just idea." Let's just see what happens.

see what happens. So, " So, " Million Dollar Bones." It's Million Dollar Bones." It's an investment in our an investment in our future, in our future, in our future health, future health, just like we just like we invest in invest in compound interest in a compound interest in a savings account. You savings account. You start with $5, start with $5, and if you don't touch it, you and if you don't touch it, you continue to take care continue to take care of it and do the of it and do the right things, right things, creating healthy creating healthy habits. I just habits. I just thought, what if we thought, what if we did something similar did something similar for our for our bone health?

bone health? Yes. So what happened to Yes. So what happened to this program? I have presented the program I have presented the program at various at various conferences for many years. People were conferences for many years. People were very inspired by it, very inspired by it, and then nothing and then nothing happened. But I happened. But I never stopped.

never stopped. I took a break, I took a break, taught less taught less fitness, and fitness, and focused more on focused more on nutrition. I nutrition. I tried to, well, tried to, well, do it do it as best as I could, you know, as best as I could, you know, just better, better and just better, better and better. In June, I better. In June, I taught a group of taught a group of young girls in Utah, and young girls in Utah, and they loved the they loved the dance exercises so much that dance exercises so much that they became interested, they became interested, even though they had never heard of it before even though they had never heard of it before. And I thought I. And I thought I should develop this should develop this further. I decided further. I decided to collect all this into a to collect all this into a book. And so far, book. And so far, the kids who have seen it the kids who have seen it like it.

like it. Parents and grandparents like it too. The idea like it too. The idea was to was to create a very create a very simple guide of simple guide of little things you can little things you can do to understand the do to understand the basics: what to basics: what to do and what not to do and what not to do. So I appreciate do. So I appreciate you sharing this with you sharing this with your community, because your community, because this is something new for me.

this is something new for me. It's just a different It's just a different way to get way to get information to people. Yes, this is such an important Yes, this is such an important message, and in message, and in life in general I see: life in general I see: until there is a until there is a problem, people don't problem, people don't care about it. That's care about it. That's why people why people don't think about osteoporosis until don't think about osteoporosis until old age, which is a old age, which is a mistake, because now there are mistake, because now there are good studies that show that good studies that show that strengthening bones in strengthening bones in youth—it seems, youth—it seems, from the age of 13—gives a 10% increase in bone density.

Only after 13 years did they Only after 13 years did they experience experience experience bone loss. So bone loss. So when you strengthen when you strengthen your bones at a your bones at a young age, it young age, it really makes a really makes a huge difference.

huge difference. So if we want to So if we want to really make an impact on really make an impact on osteoporosis and osteoporosis and osteopenia, this is where it all osteopenia, this is where it all starts.

starts. So your concept is So your concept is very important, we very important, we just need to just need to get it to people. I get it to people. I think everyone who think everyone who listens to us is doing listens to us is doing very good things for very good things for their bones. But you their bones. But you need to involve your need to involve your children and grandchildren, children and grandchildren, instill these instill these habits in them from an early age, because habits in them from an early age, because it's so important. Here is this it's so important. Here is this book. I think this is book. I think this is great. And you talk great. And you talk about weight training and about weight training and simple things—and that's the simple things—and that's the beauty of it.

How drinking soda affects your bones

Simple things, yes, and Simple things, yes, and even one of the things that even one of the things that really…well, is really…well, is soda. soda.

Tell me about it. Yes. This is something that, in my This is something that, in my opinion, children don't opinion, children don't understand, and understand, and adults don't either. It used to adults don't either. It used to be said that be said that only colas, well, drinks with only colas, well, drinks with caramel caramel caramel coloring like Pepsi and coloring like Pepsi and Coke, were harmful because they ruined Coke, were harmful because they ruined bones. Caramel bones. Caramel color, and color, and carbonated drinks contain carbonated drinks contain phosphoric acid, phosphoric acid, caffeine, and it doesn't matter whether caffeine, and it doesn't matter whether they are with sugar or without— all of this is harmful because it all of this is harmful because it creates an creates an acidic environment in the body.

As with excess As with excess cortisol, when an acidic reaction occurs in cortisol, when an acidic reaction occurs in the body the body the body,, it needs a base, it needs a base, and that base is and that base is calcium. Therefore, calcium. Therefore, calcium is leached calcium is leached from the bones. Therefore, from the bones. Therefore, drinking carbonated drinking carbonated drinks is not good drinks is not good for your bones. I for your bones. I just read a just read a study. I've never study. I've never seen this before.

This is the American This is the American Journal of Clinical Journal of Clinical Nutrition, Nutrition, Nutrition, you may have seen this you may have seen this 2014 study.

2014 study. They followed They followed 73,000 women aged 30 73,000 women aged 30 to 55. Typically, the to 55. Typically, the studies studies studies I heard about were on postmenopausal women. You postmenopausal women. You know, they say, don't know, they say, don't drink carbonated drink carbonated drinks. This can drinks. This can increase the risk of increase the risk of hip fracture. But hip fracture. But here we were talking about ages here we were talking about ages 30 to 55 30 to 55 for 30 years.

It turned out that if It turned out that if they drank they drank five to ten five to ten servings of servings of soda per week—and it soda per week—and it wasn't just Coca-Cola or wasn't just Coca-Cola or Pepsi, but any Pepsi, but any soda—the risk of soda—the risk of hip fracture hip fracture increased by 16%. And if increased by 16%. And if it was

more than 10 it was more than 10 servings per week, the servings per week, the risk increased by 42%. And risk increased by 42%. And I didn't know that. I don't I didn't know that. I don't drink soda, drink soda, but it's actually a but it's actually a poisonous drink. It poisonous drink. It cannot be advertised cannot be advertised to children.

to children. Yes. Yes. Yes. We shouldn't drink We shouldn't drink carbonated drinks. carbonated drinks. Yes, I agree. People Yes, I agree. People often get confused.

often get confused. What about sparkling What about sparkling water? Well, the truth is that it's water? Well, the truth is that it's okay okay okay if it's if it's naturally carbonated and doesn't naturally carbonated and doesn't contain phosphoric contain phosphoric acid. This, you know, I acid. This, you know, I like water like like water like Gerolsteiner, good water Gerolsteiner, good water that contains beneficial that contains beneficial calcium. This is a completely calcium. This is a completely different matter. But for different matter. But for carbonated drinks, definitely not. It's definitely not. It's simple and I see simple and I see people people people ordering ordering ordering sodas all the time. I see it too.

sodas all the time. I see it too. The way… The way… They still think They still think diet diet diet soda is not a problem. And besides And besides contributing to obesity and contributing to obesity and tooth decay, tooth decay, it also affects it also affects our bones.

Yes. This is a poisonous Yes. This is a poisonous drink. drink. drink.

Teaching the next generation: prevention and education

Certainly. So, what do you Certainly. So, what do you think parents think parents and grandparents and grandparents can do to can do to help the next help the next generation? They generation? They can take my can take my book because everything is book because everything is explained in detail there.

This is a kind of template. This is a kind of template. They can start They can start having conversations just like having conversations just like parents and parents and grandparents grandparents grandparents taught their children to taught their children to brush their teeth. I brush their teeth. I really think it's really think it's that simple.

that simple. The health of our bones is something we can something we can control. control. Telling a child that Telling a child that they have control over they have control over something in their life is amazing, because is amazing, because what can children really what can children really control?

control? You know, ideally they You know, ideally they should follow should follow all the rules. This is something all the rules. This is something you can say, " Guys, if you Guys, if you do this, do this, if you stick to if you stick to at least at least one habit a day, you won't have to, you won't have to do a million things." I firmly believe." I firmly believe that doing that doing just one thing is enough. Another just one thing is enough. Another thing—besides talking, you thing—besides talking, you can show them the can show them the right model right model of behavior. So of behavior. So stop taking your stop taking your phones with you wherever phones with you wherever you go. Don't you go. Don't let children let children see you see you do this. Say, " Okay, let's go for a Okay, let's go for a walk." Let's walk." Let's get back to get back to physical activity.

physical activity. Get into the kitchen with Get into the kitchen with your your your children. Cook, children. Cook, create dishes create dishes together. Talk about together. Talk about why we need to why we need to eat colorful eat colorful foods, because I foods, because I truly believe that truly believe that getting getting getting nutrients from nutrients from real food is the real food is the best way.

best way. Set a good Set a good example example example by demonstrating by demonstrating by demonstrating the right behavior. the right behavior. This is where it all This is where it all begins.

begins. begins. Yes. And what would you Yes. And what would you like to see " Million-Dollar Bones" like? I would Million-Dollar Bones" like? I would like this to become like this to become part of health part of health education. I just education. I just think, you know, we think, you know, we worry about other worry about other things. We care

about things. We care about heart disease, we are heart disease, we are engaged in engaged in engaged in prevention.

prevention. prevention. Maybe not as Maybe not as a child, but I a child, but I just wish we just wish we could do more. could do more. So how do you see this as So how do you see this as part of that kind of part of that kind of training?

training? training? I would like to see the I would like to see the Million-Dollar Bones program Million-Dollar Bones program included in included in curricula curricula curricula starting in starting in kindergarten, that is, from a kindergarten, that is, from a very young age.

I think the I think the coolest thing about this is that coolest thing about this is that it can be studied in it can be studied in science classes science classes. It could be. It could be health. It could be health. It could be food. This could food. This could be for trainers, be for trainers, dance classes, any kind of sports, because the any kind of sports, because the fitness component of fitness component of finding strength finding strength from a neutral from a neutral position and position and performing gentle performing gentle stretches is not currently stretches is not currently taught. So this taught. So this could become could become part of physical part of physical education. I don't know if there education. I don't know if there are any more home are any more home economics lessons, but it economics lessons, but it could be about could be about what foods are what foods are right, as right, as the program covers the program covers nutrition, exercise, and stress reduction. This applies to stress reduction. This applies to all children. So in all children. So in my ideal my ideal world, with my world, with my magic wand, " Million-Dollar Bones " are everywhere. It's Million-Dollar Bones " are everywhere. It's just part of life.

just part of life. "Oh, is this good for "Oh, is this good for your bones?" Because that's how your bones?" Because that's how I look at things. I look at things.

I was diagnosed with I was diagnosed with osteoporosis when I osteoporosis when I was in my early 40s. My was in my early 40s. My mother is 85. She has become mother is 85. She has become about 15 about 15 centimeters shorter. She has centimeters shorter. She has severe severe severe osteoporosis. And I really osteoporosis. And I really hope that this hope that this work will help ensure work will help ensure that the that the next generation next generation doesn't have to doesn't have to face this. So that you can face this. So that you can forget about it.

If you develop these If you develop these healthy habits, and they're healthy habits, and they're not that difficult to add not that difficult to add to any program, then this will be another, then this will be another disease you don't have to disease you don't have to worry about.

Yes. Before we Yes.

Toe spacers and foot mobility for stability

Before we finish, a quick note about the finish, a quick note about the last page: last page: Penny, you taught Penny, you taught me years me years ago how ago how important important important toe separators are.

toe separators are. Oh, yes. I have them on my Oh, yes. I have them on my desktop. desktop. desktop. Tell everyone why you Tell everyone why you love them so much.

love them so much. Good. So, I love toe separators, and you know, toe separators, and you know, I don't like I don't like thick ones. These are—they're thick ones. These are—they're great, you can great, you can buy them on Amazon. They are buy them on Amazon. They are gel. Our gel. Our toes should be as toes should be as mobile as our mobile as our fingers. When fingers. When these spacers are inserted these spacers are inserted, they, they create an create an create an even space even space between the metatarsal between the metatarsal bones. These are the bones in bones. These are the bones in the middle of the the middle of the foot. But as we age, we foot. But as we age, we tend to bend our tend to bend our toes, and people toes, and people develop develop develop hammertoes, hammertoes, hammertoes, bunions, bunions, bunions, and other problems and other problems due to lifestyle and due to lifestyle and shoe wear. So, shoe wear. So, separators separators separators

allow you allow you to spread your toes slightly, which to spread your toes slightly, which helps increase helps increase mobility, which is mobility, which is important for important for balance while balance while walking. Because the correct walking. Because the correct gait is the heel, the base of gait is the heel, the base of the foot, the toes. Our the foot, the toes. Our first two fingers first two fingers are responsible for moving are responsible for moving forward. The last three are for balance. So I for balance. So I encourage anything that encourage anything that can be done can be done orthopedically or orthopedically or preventively to preventively to increase range of increase range of motion, improve motion, improve finger mobility, finger mobility, and strengthen them and strengthen them in the gentlest in the gentlest way possible. This is simply way possible. This is simply amazing. I have a amazing. I have a student in California who has student in California who has really really really serious serious serious foot problems, and I said to foot problems, and I said to her, "I want you to her, "I want you to start wearing start wearing spacers." In addition, spacers." In addition, she has osteoporosis and balance problems. This balance problems. This morning she texted morning she texted me, “Okay, I started me, “Okay, I started wearing them.

wearing them. I felt pain for the first three days. I felt pain for the first three days. Now the pain is completely Now the pain is completely gone. What's next?" That's the gone. What's next?" That's the beauty of these beauty of these dividers. And you dividers. And you don't need to go to them.

don't need to go to them. You simply put them on You simply put them on in the evening, lying down with your in the evening, lying down with your legs elevated, legs elevated, for 10 minutes. Do not wear for 10 minutes. Do not wear them with shoes. This is a very them with shoes. This is a very gentle way to start the gentle way to start the alignment process.

alignment process. Yes, they are very comfortable. Yes, they are very comfortable. I think it's… I think it's… I'm glad you I'm glad you like them.

like them. We could talk We could talk about this forever. There's about this forever. There's so much so much we could share, but why don't you, but why don't you tell everyone how tell everyone how they can they can contact you? I will provide contact you? I will provide information. What's the information. What's the best way to get best way to get your book and, you know, your book and, you know, learn more about learn more about you and your work?

?? So, to do that, So, to do that, go to my go to my website www.pennyshure.com, website www.pennyshure.com, pennyshure.com. Um, it pennyshure.com. Um, it will redirect you to the will redirect you to the website. If you want website. If you want the book, just the book, just scroll down the page scroll down the page. The best. The best way to contact way to contact me is via me is via email, penny email, penny pennyshore.com. And I love pennyshore.com. And I love questions, comments, questions, comments, anything at all.

anything at all. I have one group I have one group class that I lead on class that I lead on Sunday afternoons, I also Sunday afternoons, I also teach teach teach individually, individually, individually, conduct conduct workshops, etc. I workshops, etc. I like being in the like being in the same room with same room with people, people, right? It's all right? It's all virtual, so you virtual, so you can learn about it can learn about it all on the website. One more all on the website. One more thing: Penny thing: Penny has done numerous classes for my has done numerous classes for my community community community, and two of them— I'll add them to the I'll add them to the release notes—are release notes—are available as available as on-demand classes. Penny on-demand classes. Penny held a dance held a dance class because she has a lot of class because she has a lot of experience in dancing. There experience in dancing. There were actually were actually a few dance a few dance classes that were classes that were great and a lot of great and a lot of fun. One fun. One was called "Dancing was called "Dancing Bones," and another one Bones," and another one you did you did recently was just recently was just about dancing; you taught about dancing; you taught great moves, it's great moves, it's fun with music and a fun with music and a great way to great way to strengthen bones, strengthen bones, move and reduce move and reduce stress. So I have stress. So I have this class. You also this class. You also did a class that I did a class that I thought was thought was incredible and everyone incredible and everyone had so much fun—it had so much fun—it was tap, and was tap, and I have that class too. So, I have that class too. So, anyway, I'll anyway, I'll add them. And you don't add them. And you don't need need need tap shoes. There was no need tap shoes. There was no need…

…… No. Although if it is, No. Although if it is, it's fun. I it's fun. I like the step, it's like the step, it's my favorite weight-bearing exercise my favorite weight-bearing exercise. And that's. And that's actually what I actually what I still offer in the still offer in the studio. I laid studio. I laid my floor, and it's my floor, and it's great because the great because the heel strikes work directly heel strikes work directly on the hips, and it's just on the hips, and it's just fun. You know, when fun. You know, when you're dancing and you have to you're dancing and you have to focus on the focus on the choreography, choreography, choreography, putting the steps together, putting the steps together, for me it's the for me it's the most wonderful most wonderful most wonderful cognitive way to cognitive way to strengthen your bones. And do you strengthen your bones. And do you know what they know what they discovered? I don't know if discovered? I don't know if you've heard, there was a you've heard, there was a study that study that showed that dancing is showed that dancing is better than better than doing doing doing crossword puzzles, they crossword puzzles, they studied what's studied what's better for maintaining better for maintaining mental sharpness.

mental sharpness. Yes. Yes. Dancing was Yes. Yes. Dancing was number one because you number one because you have to combine all have to combine all these things together. So that's these things together. So that's good. It requires good. It requires a lot of concentration and you can't and you can't think about anything else.

think about anything else. I used to joke I used to joke that my goal in that my goal in dance class was not to fall. But it's a combination of But it's a combination of many things, and it's many things, and it's very beneficial for very beneficial for you. But, well, I can't, you. But, well, I can't, I'll add all that to the I'll add all that to the release notes.

release notes. All the information about All the information about Penny in the notes, and those Penny in the notes, and those classes, and there are two videos that Penny made that Penny made separately, instead of separately, instead of inserting them into inserting them into this episode. So, this episode. So, showing a neutral showing a neutral pelvic position, as well pelvic position, as well as another fun as another fun arm exercise.

arm exercise. Exercise for the hands. So, what Exercise for the hands. So, what I told you about I told you about… Yeah, I can't, I can't thank you enough and everyone who's watching this, who's watching this, you know, this is my dream. I you know, this is my dream. I sincerely believe that this is my sincerely believe that this is my purpose in life.

purpose in life. I know why I'm I know why I'm doing this. I honestly don't know how to do it. I feel like I'm. I feel like I'm figuring out exactly how every day figuring out exactly how every day. So I appreciate you,. So I appreciate you, Margie, more than you Margie, more than you know, for helping know, for helping spread this spread this information, because I information, because I really want no really want no one to have one to have osteoporosis. That's my osteoporosis. That's my purpose too, purpose too, yes. To help everyone, yes. To help everyone, let's prevent let's prevent this. So, what we this. So, what we can give to the can give to the younger generation younger generation is exactly that is exactly that is exactly that. They. They deserve to know deserve to know that they have the power that they have the power to prevent this to prevent this disease. So if there's disease. So if there's one thing I one thing I hope for this hope for this book, it's that it's going to be book, it's that it's going to be popular popular popular with teenagers who are so social media savvy, social media savvy, because I'm not, you know… I…and because I'm not, you know… I…and they're going to start they're going to start sharing it and getting sharing it and getting upset, saying, " Hey, I don't want to Hey, I don't want to get sick from this." "I didn't know, get sick from this." "I didn't know, I didn't know I had a I didn't know I had a choice." You know, someone, choice." You know, someone, I didn't know I had a I didn't know I had a choice. So it gives them choice. So it gives them options. It gives them options. It gives them power and it gives them choice. True. I think another. True. I think another thing, as I always say, a thing, as I always say, a diagnosis is a diagnosis is a blessing blessing blessing because it forces you to take because it forces you to take action. This is a catalyst action. This is a catalyst for change. But with all for change. But with all these changes, things are getting these changes, things are getting better. Your digestion is better. Your digestion is getting better.

getting better. Yes. Certainly. Yes. Certainly. Because when you stand Because when you stand straighter, it makes an impact, straighter, it makes an impact, remember, Amy Cuddy remember, Amy Cuddy did that. So did that. So social psychologist, social psychologist, making yourself big, making yourself big, it just improves it just improves your confidence, your confidence, especially in women, especially in women, young women. If young

women. If we can help the we can help the next generation next generation just be the just be the best version, best version, be, you know, the be, you know, the best versions of best versions of ourselves that we ourselves that we can be. What can be. What they can be. This is a they can be. This is a victory. This is a victory. This is a big victory.

big victory. Absolutely. It's Absolutely. It's much more than much more than just helping just helping your That's your That's your That's right. It's much right. It's much more. But it all more. But it all starts with a starts with a neutral neutral neutral pelvic position, a pelvic position, a glass of water in the morning, glass of water in the morning, and a good and a good night's sleep. How powerful are night's sleep. How powerful are these simple things that we these simple things that we can add to our lives can add to our lives and pass on to others.

and pass on to others. So when So when your grandchildren come, your grandchildren come, yeah, that's right. yeah, that's right. Remember these Remember these things. Yes, that's right things. Yes, that's right. Thank you very much. Thank you very much for inviting me to the for inviting me to the show. I really appreciate it.

show. I really appreciate it. And thank you for And thank you for joining me. joining me. I hope you I hope you enjoyed my enjoyed my interview with Penny as much as interview with Penny as much as I did, and I did, and now you have some new now you have some new tips to tips to help help help your bone health and your bone health and overall overall overall well-being. This is well-being. This is beneficial not only for beneficial not only for you, but also for your you, but also for your children and grandchildren, because you need to take care of your bones need to take care of your bones from a young age. Her book Million-Dollar Bones and everything Million-Dollar Bones and everything she talked about she talked about will be in the will be in the show notes. Additionally, she show notes. Additionally, she recorded recorded recorded several videos for me, which several videos for me, which are also in the description, along are also in the description, along with courses she with courses she has conducted for the has conducted for the community. So, there's a community. So, there's a lot of interesting stuff there.

lot of interesting stuff there. Thank you so much for watching, and I Thank you so much for watching, and I look forward look forward to seeing you in the to seeing you in the