Introduction and Bone Coach Background

Welcome back to the conversation. Today I have one of my dear friends. Kevin Ellis, welcome. Laura thank you so much for having me. This is such an important topic and I'm looking forward to it.

Me too. Now you are such an important voice in this space. You're known as the Bone Coach. You're a Forbes features integrative health coach, a podcaster, YouTuber, founder of BoneCoach.com And you've done something really special.

You've created a three step process and a world class coaching program called The Stronger Bones Solution. And it helps people with osteopenia and osteoporosis around the world get confident in their stronger bones plan.

Now, from a personal perspective and a personal level. I first learned about you back when I was actually working in a metabolic bone disease osteoporosis clinic for the biggest HMO in America.

Kaiser Permanente and I prescribed all the drugs. And I, you know, I for for gosh, for over a decade, I worked in this Western model of protecting bones.

And then I learned about you and what you were doing. And towards the end of my career there, before I retired, I was on the down low sending my patients to you like people who asked me, Hey, Laura, how do I fix my bones?

Naturally, I don't want the drugs. I would say, Well, I'm going to recommend you go to bonecoach.com, but I'm not going to write that in your chart. And if anybody asks me if I told you to do that, I'm going to say it wasn't me.

But I really wanted people to because I couldn't write was a conflict of interest. I was supposed to be, you know, focused on the Kaiser plan. Now, I'm not there anymore.

And I can admit all this and say it freely. But I sent people to you every day from the Western medicine world, because how you approach bone health is so different than how the Western model approaches it.

So let's start with why bone health is something everyone needs to be focused on and concerned about as they age. This is critical and is very relevant to the silent killers conversation that we're having.

Absolutely. Well, thank you so much for the kind words, number one, and for sending people our way. Yeah, because I would say to, you know, a lot of people don't pay attention to their bone health until it's something that either they have a fracture or maybe they see a mother or grandmother or something like that that has had a fracture.

And it is a silent condition that happens. You can't feel bone loss taking place. So osteoporosis in itself, porous bones, it can be a silent killer. It doesn't have to be because there are so many things that you can do.

Why Bone Health Matters Across the Lifespan

And we're going to talk about some of those actionable, empowering things that you can do toward the end of this conversation and throughout too so make sure you pay attention for that.

The reason why bone health is so important is, number one, this is the structure that you need to preserve and strengthen because it's going to carry you to an active future.

You're making decisions now that are going to impact you ten, 20, 30 years down the road. Same thing if you're listening to this and you have kids or grandkids too the decisions they're making now, when right before age 18,

they're putting on about 90% of their bone mass.

So if they are leading sedentary lives, if they're eating a lot of candy and drinking a lot of sugary soft drinks, if they're not getting good nutrition from a young age where we're getting vitamin D and calcium and magnesium and vitamin K in our foods, if we are if we have eating disorders or maybe we're smoking a lot or drinking a lot, all those things can prevent us from reaching peak bone mass and starting with a really strong bone structure from the beginning.

And that's going to affect us later in life. And if you're listening to this now, also, these are things that you also need to pay attention to because it can extend your life.

10, 20, 30 years, even just by the decisions you make today. So such an important topic. And I'm looking forward to explaining a little bit more about the things that you can do to improve your bones. Me, too.

A couple of points here. Number one, the fact that this is really important in our youth and most people are not paying attention to their bone health in their youth.

Most people are not paying attention until they've had their first fracture or they've had their first bone density test that shows either osteopenia or osteoporosis already.

So usually it's postmenopausal men or men after age 50 probably, and women usually at some point post-menopausal. We're generally not even screening bone density until age 65.

If your average risk. So most people aren't finding out about this until their sixties. Now, back when I worked in the Bone World, we we taught that the underlying causes of low bone density, particularly in women because it's mostly affects women was menopausal hormone estrogen depletion.

Not exercising enough drinking caffeine and potentially, you know, smoking or any kind of substance use or abuse. So sedentary substance use and maybe medications that could cause secondary bone loss.

And then, you know, we do a secondary lab workup and maybe we'd find that somebody had hypothyroidism or hyperparathyroidism or, you know, something along those lines are vitamin D deficiency.

But we never talked about the other threats or silent killers or the things that cause bone health problems or decline of bone density. So what I'd love for you to explain is what were we missing in Western medicine in. And it just blows my mind because, I mean, I worked with really smart people and I and I looked at research studies, of course, funded by the pharmaceutical companies, so biased.

But I knew those studies inside and out. I could float them. I could lecture medical conferences on those studies. But the things you're about to share with us, we're not ever taught to me in the Western world, and I certainly didn't teach this to my patients.

So what are the underlying root causes of bone disease? Yeah, the silent killer is a bone health. Right? So there are some. And they could I would break them down into internal and external.

So internal would be your hormones, chronic inflammation or maybe chronic stress. And we can talk about each of those. External would be the things that you're taking in on a daily basis or being exposed to that are coming in and then affecting your bone structure.

So let's talk about hormones now. Hormones when you typically go into your doctor and maybe you're having that conversation about you've had a bone density scan, you get told you have osteopenia or osteoporosis, and then you're like, now what?

Then you get recommended calcium, vitamin D, pharmaceuticals, do some walking. And that's just not enough.

Root Causes of Bone Loss: Hormones, Inflammation, and Stress

A lot of times also I hear that women are just told it's just hormones or it's a natural part of aging. Yes, hormones do play a role. So when you're post-menopausal or when you go through menopause, you have that estrogen has that protective effect on bone as those levels decrease as they do during menopause, that increases the activity level of cells that break down bone.

So, yes, that is a primary cause of osteoporosis and it's something you need to be aware of. Because when that happens, you know, and Laura, you probably saw this in the bone clinic.

People lose bone at different rates to some are fast losers and they'll lose a significant about amount of bone in just the couple of years after menopause and others lose it and a little bit slower rate.

But in any of those situations, it'd be important to consider or at least discuss with your whoever your practitioner is bioidentical hormone replacement therapy, too, as an option.

Estrogen? Yeah. Estrogen can help prevent that bone loss. Progesterone, testosterone, DHEA can help with bone building. Let me just make a comment really quick on this.

So back in the early 2000s, when I first started in my, you know, nurse practitioner Western medicine practice. So 2000, we were still prescribing estrogen as a treatment for osteoporosis.

It actually had an FDA approval. Fast forward to 2008 and the women's Health Initiative study and the big scare about hormones and all of that. I mean, we're talking about that on this summit, too, and just take that data with a grain of salt because it was misrepresented.

But I can remember in 2008 when estrogen lost its FDA approval as a treatment for osteoporosis and it was reduced to a prevention. So you could use it as a preventive strategy, but not as a treatment strategy.

And let me tell you, nothing changed about estrogen. It still works. I may I just need to say that. So people and I'm like it was it was a misguided, misrepresented, misreported study that freaked out the world and the FDA, like pulled estrogen as a treatment for osteoporosis.

And the fallout of that. And we're going to see it now. So the women who stopped their hormones cold turkey in 2008 are now, you know, almost 20 years older.

And they're approaching their eighties. Right. So we're going to see I, I am, I bet a paycheck we're going to see a huge boomerang like increase in fractures in that group of women who freaked out and stopped their estrogen.

So anyways, I'll pause there and let you go on. Yeah, no, I would I would totally agree with you on that. So hormones, in summary, very important. Yes. They can be one of those silent things that you need to monitor, understand where your levels are, get the testing done, and then take proactive action.

You know, with bioidentical hormone replacement therapy, if it's right for you, the next internal silent killer is inflammation. Right. And we hear about this all the time.

The cells involved in that inflammatory response, they're making those pro-inflammatory cytokines. So proteins and tumor necrosis factor, interleukin one, interleukin six, those are turning on the activity level.

Those cells that break down bone the active class and that's going to result in more bone loss. So that's another big one. And when you have conditions like rheumatoid arthritis, autoimmune conditions, when you have certain digestive issues, maybe it's celiac disease or IBD, Crohn's, ulcerative colitis, all of those things could be playing a role there too.

And then the other big one that we talk about is chronic stress. So stress is not just it's not just the physical stress.

Like where you go in the gym, you put a lot of exertion into whatever exercise or activity you're doing.

That's not the kind of stress we're talking about. This is also something a lot of us talk about in the health space. It's really important. It's the psychological stress.

It's the fear, the worry, the overwhelm, the financial conflict, the family challenges, keeping up with the perfect lives. The Joneses on social media, that's a big one these days.

All of those things can contribute to and drive that stress response. And over time, that stress is going to lead to a whole host of different health issues, including a negative impact on bones.

So you need to be taking daily action to address those things. And one one of my favorite things is to cultivate a healthy either it's a meditation practice or daily gratitude, right?

When you wake up or I actually do breath work every single day now and then. Gosh, if you would've told me ten years ago, 15 years ago, former Marine Kevin would be like, that's that's silly.

I would never do that. Now I do it every single day. Wow. Wow. Kevin, I'm impressed. I cannot say that I do meditation or breathing every single day, but I have goals.

Yeah, no. And I understand. Like, sometimes people wake up, they're busy. I actually as soon as I wake up in the morning, that's like the first thing I do is before I even get out of bed, that's the first thing I do.

While the room is still dark, I turn on my little breath work. I do 8 minutes of it, and then I'll. I'll just practice gratitude, just like thank you for me being here and alive today.

So, so good. You know? Yes. Talks here on the summit about trauma, stress. And this is a really big deal. You do have a biological response to this. We cannot deny it.

So definitely work on that.

Environmental Toxins, Gut Health, and Heavy Metals

Can you cover some of those external causes and the toxins and stuff that the Western medicine world has missed completely for bone health? Absolutely.

Let's talk about a couple of the big ones in terms of like toxins and chemicals, so one of them by phosphate. So that's a broad spectrum herbicide. It's a crop desiccant too.

It's rate on certain foods that's increasing cancer risk. It's a key layer of minerals also. So when you take in food, you want those minerals. Those minerals help make up your bones by phosphate can interfere with that it can also disrupt beneficial get bacteria.

And we're going to talk about the connection between gut health and bone health and just a little bit too. I think that's important. Oh, interesting. So there's a gut bone connection, just like there's a gut brain connection, a gut skin connection, uncut reproductive organ connection.

A gut heart connection. All the connections. Yeah, actually, let's, let's just go into that for just a second. The gut bone connection, too, because we are talking about black phosphate disrupting beneficial gut bacteria.

So in terms of gut health, 70% of your immune system resides in your gut. Right? Anything that's stimulating that immune system is speaking in the same language as the cells that break down bone.

So that's that's going to turn up that acid class activity and it's going to reduce your your bone mass. So it's really, really important. And then the other part of this is if you have chronic digestive issues, you will have nutrient

absorption issues, too.

And that's that's a problem. So that's that's by phosphate, the way that you can get around that is shop organic, right? Obviously, if it's not within your budget to do it for every single thing, go for the things.

Look at the environmental working groups, Dirty Dozen, Clean 15. You can always use that just in terms of berries too. If you're eating any berries which are great, they're antioxidant rich.

They have all these other beneficial compounds in them. Get them organic. Oh my gosh. There's a few foods like berries, apples, greens, leafy greens heavily, heavily decide in herbicide dusted crops, right?

Like just don't put I call apples pesticide bombs. Yes. I don't eat it unless it's organic. I literally look at it like it's a grenade. I'm like, I can't.

Yeah, no, I, I'm like, we're big on that with our kids too. So that's a big one. Unfiltered water is another one. So if you're drinking unfiltered tap water is a good chance.

There's 300 plus chemicals. Pollutants the Environmental Working Group has found in our water that could be volatile. Organic compounds, heavy metals, pharmaceuticals, endocrine disrupting chemicals.

All of those things can be in our water. The way you find out what's in your local water supply is good. EWG baug forward slash tap water and then you can type in your zip code that's going to generate the list of all the contaminants detected in your tap water that exceed health guidelines.

So EWG.org/tapwater that's actually going to take you and you can see what's actually in the water. I did it and I was pretty shocked actually. So we're huge.

Like we drink distilled water in my household and we just take lots of minerals. Like it's a myth that your bones are going to die mineralized if you drink distilled water, it's the literally the cleanest water.

I'm going to point everyone to a talk on this summit by J. Davidson. And we talk about radioactive elements and we do an extensive talk about water. So make sure you catch that interview, because it will.

When I tell you distilled water is king, he will explain why. So just sidebar there. But people need. That's fantastic. I'll check that one out, too. Yeah.

And then even though chlorine is a is a great sterilizer, right when we consume it and tap water, that's also helping destroy the gut bacteria, too. So we talked about two things there that you're taking in that could be damaging and destroying those gut bacteria.

And then another big one, which is from an external perspective, our sugar, high sugar is is not good for your bones. I would say you need to reduce your sugar intake because it it's damaging it's damaging bone.

It's lowering vitamin D levels. It's triggering inflammatory response. It's blocking the absorption of vitamin C. Vitamin C is key for developing and maintaining a healthy skeleton.

And actually vitamin C stimulates pro collagen and enhances collagen synthesis. And your bones are this collagen protein matrix structure. So I know people always say, you know, cut the sugar out, stop eating the sugar or avoid the processed foods.

This is another reason why for bone health specifically, so that I would consider that, you know, a toxin basically if you're consuming. Absolutely. You know, getting rid of sugar cravings, it's a whole thing.

Like you got to knock out parasites, you got to bring more foods. I was talking to Chef James Berry yesterday of Pluck, and he he made a really important point.

He said, you want to cut sugar sugar cravings, put more umami in your diet, because then you'll crave that. And so umami is the fifth flavor, like kind of the fifth experience in the mouth and organ meats are umami.

So if you're and I know people are kind of grossed out about that, but there are ways to eat organ meats that are not like putting a plate of liver in front of you, but organ meats, meat like miso, so so fermented soy, tomato paste, these are umami.

And that will help cut sugar cravings. Crazy, right? Yeah, that's great. And I like pluck. Pluck is like what? It's a little organ based seasonings, which is pretty cool.

But the one way that I do it, I get organ meats and it's probably not the way that most people are going to do it. But I, I cut up grass fed beef liver and I put it in a little ice cube trays like the silicone ice cube ice cube trays.

And then I add that to a smoothie. So most people won't do that. I know. I know, I do that. And Pluck actually has a plain one that is just liver freeze, dried liver with no seasoning and no salt.

So you can throw it in a smoothie. Same. Yeah, that's awesome. That's great. So some of the other ones, some of the other chemicals, toxins, one would be, gosh, I was going to say the the cleaning products, commercial cleaning products, those actually can affect the endocrine system to your bones or endocrine organs.

So you want to switch those products out or your commercial cleaning products, the ones that have 400 ingredients on and you don't know any of the names of any of them.

Switch those out for things like white vinegar, liquid Castile soap, baking soda, citrus, essential oils. Those can all be great swaps to help you still keep things clean and smelling good, but not have all the chemicals and extra stuff that you don't need in there.

And there's so many good products on the market now, you're just not going to find them at Walmart or Target. You actually have to go find these companies online and there's some great cleaning products.

In fact, we have a Trusted Partners page on our website. If you go there, you'll see the cleaning products that are in my laundry room and under my kitchen sink right now.

So I'm sure they're the same ones at your house cupboard. Yes. Yes, they probably are. And then and then in terms of heavy metals, that's another big one.

So let's talk about some of the biggest heavy metals that can be affecting bone health. Light is one of them that can tend to replace calcium in bone.

This is huge. This is one of the biggest missing points of Western medicine right here. Listen up. This is huge. Lead can replace calcium in bones and that's going to weaken the bone structure.

Now, here's a big thing is for people that are coming in to for women that are coming into menopause. Right. And you start to have some of that bone loss.

It takes place. You had a decrease in estrogen, right.

Nutrition Strategies for Stronger Bones

The activity level, acid class goes up, you start to have that bone breakdown. What is also being released is if you had led stored in the bone, that's also going to be released back into your bloodstream.

And you may you may not know that they're the reason why you're forgetting things or you're having all these other issues or symptoms that show up as you're having this auto intoxication that's taking place.

Right. So that is that's a major contributor. Lead can be a big one that affects bone health, mercury. And I just have to make the connection here really quick for people.

So it's this we call it in my community, we call it it's a it's a middle aged deficiency, an inflammation syndrome. So it's especially particular in women, men as well.

But this is what happens is what Kevin just said, as estrogen depletes, bone breaks down, metals are released, they go into the neuro system, they get into your brain, and that's where you start to get brain fogginess, confusion, loss of creativity.

You get moody, anxious, depressed. I mean, this is the midlife thing, right? And if you don't do something about it, it just carries on right through older age.

So I just have to point that out. Yeah, this is a big. Okay, so in the next few minutes, we have on this first part of our talk we're going to get into as we go on, we're going to get into diet and nutrition and you know, all the ways to solve this.

But let's finish up here real quick with the ways that we're destroying bone, and then I want to make sure our audience knows where to find you. Yeah, of course.

So a couple other ones, Mercury. Mercury is another heavy metal that most people aren't talking to. Most people in the the conventional world aren't talking about, but that promotes or provokes that autoimmune response, the inflammatory response.

And that's going to be an issue with our bones, I would say cadmium also is another one that that's going to affect your ability to to use and absorb the minerals, calcium and phosphorous.

So that's another important one that's affecting your your bone health, too. So in terms of of metals, definitely, if you if you have issues with metals, you get tested, you find out you have issues, go through a protocol to to get rid of those metals effectively.

Right. Don't just try to do it on your own DIY. That metal detoxing is probably not going to be the right fit. No. Okay. So I want to I'm going to pause here.

So tell us where our audience can find more about Bone Coach. Okay. So if you want to learn about building stronger bones, preventing fracture and injury, preserving and strengthening the structure that's going to carry you to an active future, go to BoneCoach.com That is the absolute best place to find me.

We've got bone healthy recipes, we've got stronger bones, resources. We'll teach you about exercise, diet, nutrition, all that stuff for stronger bones.

But BoneCoach.com is always the best place to find us. It is. Absolutely so. Kevin, thank you so much for joining us today. We're going to keep going here in just a moment.

We're going to talk about a whole bunch of strategies to solve this to our audience. I hope you found our conversation insightful, helpful. If you're a summit purchaser, stay right here, because we're about to dove even deeper into this discussion with Kevin Ellis.

If you're not. Click on the button on this page to get access to a continuation of this conversation and many others, and get all the tools you need to reclaim your health.

If you're watching this continuation of my talk with Kevin Ellis, thank you for being a valuable member of our community. We're going to dove right back in.

Kevin, let's get into solutions. Okay. What would you say are the top things our audience needs to know about diet,

nutrition and its role in health and osteoporosis?

And and I know you're about to drop some wisdom that's different than their hearing from their Western medicine practitioner, because I know I used to tell people drink milk.

Yeah, I know that that's the solution, right? Drink more milk or just take calcium. Take vitamin D and that's that's all you really need. And usually when people are told they have issues with their bone health, whether it's osteoporosis or osteopenia, they get this handout in the office and it's just a list of of dairy products.

Now, I am not and tide dairy, but I don't think it's right for every single person right. And especially if somebody has an autoimmune condition that they're working through or they have a lot of other things that they're trying to detox or get rid of.

Fights that thrive on dairy and make you miserable. So dairy may not be the right fit for everyone at that particular point in time. If someone is consuming dairy, then it's not drink a bunch of milk, right?

That's probably not going to be the right fit. But if we are looking at dairy, it's going to be cultured and fermented dairy. The key features the 24 hour yogurts, the the things that have other beneficial nutrients and probiotics and things like that.

And then that's what you want. You're going to want to aim for. K And then the other things in terms of diet, nutrition is just how you're going for anti-inflammatory diet.

You need to make sure you've got enough protein, your bone structure is 50% protein by volume, you need amino acids. And amino acids are the building blocks of everything in your body right there.

The building blocks of protein. Okay, I have to get on a soapbox again. So do it. Yes. And not once in my practice in when Western medicine did I tell people as a treatment strategy for osteoporosis to make sure that they were getting, you know, 30 to 50 grams of protein per meal and for women and most women are under consuming protein.

I know how hard it is. I'm trying to consume enough protein as a 50 year old woman, and it is hard to get 150 grams of protein in per day. I'm trying and working out and try and I literally have to rely on protein powders plus all the food that I'm eating.

You have to consciously do this. Okay, that's my soapbox. You know, it's so important. It's so important. And not only do you need it for your bone structure, you also need it for your muscle.

And there's a tight interplay between muscle and bone when muscle pulling on bone, you have a mechanical signal that sends a chemical signal to tell the bones to become stronger.

So you want strong muscles, you want strong bones, you need to have protein in your diet. And you can get that through essential amino acids. You can get it through different protein powders.

You know, Laura and I are both fans of collagen peptides. Those are important. You can also incorporate things like a beef protein isolate like a grass-fed B protein isolate.

That can be great if you do tolerate dairy again, not right for everybody, but for some people. Whey protein could play a part in that too. Just depends on the person situation. Yeah.

Getting those protein powders in can be a great addition to other well-rounded meals. Right. So whether that's a piece of meat and some sides or whatever it is, if you're doing one of the ones that I particularly like are I like sardines, salmon, anchovies, mackerel or not necessarily anchovies, but mackerel is another big one.

But with the bones and I kind of talk about this to the point where other people around me are like, how can you eat

those things? I love them so literally.

I've witnessed Kevin do this. So we attend a lot of medical conferences together and he's got in his hotel room a stack of sardines to make sure he's getting his nutrition.

Because what people don't know about you is you also have celiac disease, which is your whole story around solving your own osteoporosis. And so when we travel and we're together at conferences, you are very careful about not getting gluten exposure.

And when you when you come to my house, I serve gluten free food.

Testing, Recovery, and Hope for Better Bone Health

When we're out in a restaurant together, we are we are choosing gluten free restaurants, even because if you're very sick, you're very sensitive. And so it's true, you guys, he eats sardines like out of the can.

I'm like, I can't even do it. Yeah. And for me, like for me, especially back when I was in the Marine Corps, too, and once I was told I had celiac disease, I just shifted my mind just to say, okay, food is sustenance.

That's and that's all that it is. Like, you know, but I know other people don't necessarily operate like that. So if you need additional flavor and things like that, we actually have we have a ton of recipes for sardines and stuff at bankrate.com.

But you can also you can make little sardine salad cups with like little bubbles, pickles cut up and some avocado and, you know, add some other flavorings and things like that in there.

That doesn't sound so bad. Please tell me you don't have a sardine smoothie, though. Please tell me do that. We do not have one of those. But yeah, there there are ways to to make things taste better.

Or you could take like a primal kitchen dressing, an avocado oil based dressing and just drizzle it on top. That can be a good, simple, easy thing that you can do, especially if you're traveling.

You stop into a Whole Foods, you grab a can of sardines and a thing and Primal Kitchen makes it really easy to. Oh, so good. Okay, so in the last few minutes, we have what are some other nutrition tips that you just want to make sure you drop on everyone?

Yeah, yeah. Vitamin D and and and calcium. They are important, right? I think everybody understands that if you are going to be taking calcium, you shouldn't be supplementing more than 500 milligrams a day.

Right. I know a lot of people are like, should I even supplement calcium? Should I not? A lot of people just fall short in general through their diet and nutrition, especially if they're on really restrictive diets or different protocols.

So taking a make an evaluation of where you are in terms of your diet, nutrition, how much calcium are you falling short by closing gaps with supplementation if and when necessary?

If you're taking more than 500 milligrams a day, you're increasing cardiovascular disease risk, you're increasing risk kidney stones. So just be aware of that, too.

Yeah, you can mess yourself up with calcium. Don't overdo it. Yeah. Yeah. So and then vitamin K2 is really important also. So if you're increasing your vitamin D, you're increasing your calcium intake, you want to be increasing your magnesium intake also.

And vitamin K2. Vitamin K2 activates something called matrix glow protein and osteocalcin, which helps the calcium make sure that it goes to the bones and not to your soft tissues like your kidneys and your arteries.

That's also important. You know, Kevin, I knew the moment I had to get out of western medicine is when I recommended one of my patients at Kaiser take K and I had a primary care doctor privately email me and claim that I was giving non evidence based recommendations and they thought I was going to harm this person by telling him to take vitamin K.

And I was like, Oh, I got to get out of here. Yeah, yeah. No, it's it's so important. And I mean, people can get it. You can get it from food, but it's easier and probably better to just supplement.

So that way, you know, it's almost like insurance, basically. Same thing with magnesium. There's not enough magnesium in our food these days. Supplementing is usually a good idea with that too.

So yeah. Okay. What else for nutrition. Anything else? Making sure your protein is there. Vitamin C is also an important nutrient that I talked about too.

So, you know, I see a lot of people going on extreme dietary plans where they're either on one end of the spectrum, I'm only eating plans to another end of the spectrum.

I'm only eating animals. You're there's a good chance you're going to fall short in terms of the nutrients that you need there and what your body needs to be really, really healthy long term.

So just be aware of that and and try to supplement where you where you see possible. Okay. So in the last couple of moments that we have here, I want to give you the floor and, you know, what is it that you want people to hear?

What do you want people to know? What words of hope and inspiration can you leave our audience with? Number one, there is hope. There are things that you can do and you just have to have a plan.

When you start out, you have to figure out what's causing and contributing to your bone loss. If you don't know where your what your bone status is today, go get a test, get a bone density scan.

Understand what your bone density is, get a trabecular bone score, understand what your bone quality is, or go get something called a REM scan, which can also tell you what your bone quality is.

Once you understand where your bone quality is and your bone density is and then you start getting some tests that can help you understand if you're actively losing bone, the serum CTX or CT low peptide test is a great test to help with that.

Once you understand if you're actively losing bone or not, then you start picking apart. What are those root causes? What are the silent killers? What are the things that I actually need to address and start addressing each of those things?

Then focus on your diet, your digestion, your absorption, improving your gut health, absorbing your nutrients, and just not stimulating that immune system to where you're fueling bone breakdown.

And then shift into that build mode where you're reducing your stress, you're improving your sleep, you're optimizing your hormones, you've got the right exercise plan in place, and you're on your way to building stronger bones and just be patient with yourself, be kind to yourself, and you can make it. absolutely So, Kevin, again, tell us where our audience can find you.

And also, I want to remind everyone there is a clickable link on the page where you're watching this video where you can go straight to Bone Coach so that website again.

BoneCoach.com Thank you so much, Laura, for having me on here. This is such an important topic and for everybody listening, if you want to learn how to build stronger bones, go to the BoneCoach.com.

We've got some fantastic programs there to help you. Kevin, thank you so much. You're always contributing to

every project that I put out in the world.

I think it's apparent to our audience how much I love you are doing good things. I've trusted you from the moment I met you back, way back when I was in Western medicine and I saw what you were doing and I realized this guy's going to change the world.

This guy is actually going to prevent fractures way better than any prescription I could have ever written. I saw so many people break bones. Even on the drugs that were supposed to prevent them.

And so I send my whole community to you for osteoporosis. There is no point in me reinventing the wheel when you've already done it perfectly. So if you want to know about how to fix your bones, go to Kevin.

Don't go to me. That's not what I do anymore. I do other things. I do gut health, I do detox, I do mitochondria. Like I found another passion and I send everyone to Kevin, so go get support.

There you are. Creating healthy women, healthy men, healthy kids. And I just trust you and support everything you're doing. So thank you, Kevin. Thank you so much. Appreciate you.

Likewise. Until next time, everyone take good care. Bye now.