Stop Osteoporosis Before It Starts! #health #healthy #healthylifestyle Transcript

(Transcripts are generated by AI and may contain errors)

Intro

You don't expect it. One second you are You don't expect it. One second you are walking, the next you are falling. walking, the next you are falling. That's what osteoporosis can do. Not That's what osteoporosis can do. Not with pain, not with warning, but with with pain, not with warning, but with silence. But did you know that a simple silence. But did you know that a simple scan can detect fragile bones years scan can detect fragile bones years before the first break? She was 48, before the first break? She was 48, active, and felt completely fine. No active, and felt completely fine. No pain, no warning signs. But a routine pain, no warning signs. But a routine bone scan revealed something she never bone scan revealed something she never saw coming. Something many women miss saw coming. Something many women miss until it's too late. Her bones were until it's too late. Her bones were dangerously fragile. She wasn't just at dangerously fragile. She wasn't just at risk. She was in the fractured danger risk. She was in the fractured danger zone like millions of women after 40.

zone like millions of women after 40. She had no idea silent bone loss had She had no idea silent bone loss had already started. But here is where her already started. But here is where her story takes a turn. Instead of just story takes a turn. Instead of just managing the risk, she tried a new managing the risk, she tried a new therapy called AIC, anti-oral ionic therapy called AIC, anti-oral ionic calcium therapy. And what happened calcium therapy. And what happened surprised even her doctors. Her bone surprised even her doctors. Her bone density didn't just stabilize, it density didn't just stabilize, it improved dramatically. If you are over improved dramatically. If you are over 40, this could be the most important 40, this could be the most important health story you hear today. Stay with health story you hear today.

Who is Dr. Server

Stay with me because reversing bone loss might be me because reversing bone loss might be more possible than you think. I'm Dr. more possible than you think. I'm Dr.

Server. I am a physician and a scientist Server. I am a physician and a scientist with a PhD in molecular biochemistry and with a PhD in molecular biochemistry and genetics. And I've also spent years in genetics. And I've also spent years in family medicine. My focus helping people family medicine. My focus helping people catch silent bone loss before it turns catch silent bone loss before it turns into serious fractures using advanced into serious fractures using advanced research in calcium signaling. I share research in calcium signaling. I share these insights with patients, doctors these insights with patients, doctors and health leaders in clinics online and and health leaders in clinics online and on stage so more people can stay strong, on stage so more people can stay strong, mobile and pain-free for life. In this mobile and pain-free for life. In this video, you will learn three key things.

video, you will learn three key things. How your bones can weaken without pain How your bones can weaken without pain or warning. What happens when calcium or warning. What happens when calcium ends up in the wrong places? and how ends up in the wrong places?

How Your Bones Can Weaken Without Pain or Warning

and how your body can guide calcium back into your body can guide calcium back into your bones naturally. First, how your your bones naturally. First, how your bones can weaken without pain or bones can weaken without pain or warning. Bone loss happens silently with warning. Bone loss happens silently with no pain, no warning, and no obvious no pain, no warning, and no obvious symptoms. Your body works hard to stay symptoms. Your body works hard to stay balanced, but under stress with poor balanced, but under stress with poor nutrition or just as we age, it begins nutrition or just as we age, it begins pulling calcium from your bones to keep pulling calcium from your bones to keep blood levels stable. Your skeleton blood levels stable. Your skeleton becomes the bank account that keeps becomes the bank account that keeps getting getting getting drained. But here is the good news. We drained. But here is the good news. We can interrupt that pattern by restoring can interrupt that pattern by restoring

proper calcium signaling and helping proper calcium signaling and helping your body release calcium from where it your body release calcium from where it doesn't belong. We don't just give doesn't belong.

What Happens When Calcium Ends Up in the Wrong Places

We don't just give calcium, we guide it back to where it calcium, we guide it back to where it belongs, into your bones, into strength, belongs, into your bones, into strength, into stability. Second, what happens when stability. Second, what happens when calcium ends up in the wrong places?

calcium ends up in the wrong places? When calcium drifts into wrong places, When calcium drifts into wrong places, it stiffens your body and accelerates it stiffens your body and accelerates aging. Your bones aren't just hard and aging. Your bones aren't just hard and still inside. There is a team at work.

still inside. There is a team at work. One group builds newborn, the other One group builds newborn, the other breaks down old bone. These teams need breaks down old bone. These teams need to stay in balance. If the breakdown to stay in balance. If the breakdown team goes too fast and the builders fall team goes too fast and the builders fall behind, your bones weaken. That's the behind, your bones weaken. That's the beginning of osteoporosis. It's like beginning of osteoporosis. It's like remodeling a house. If you tear down remodeling a house. If you tear down walls but never rebuild, the house walls but never rebuild, the house becomes unsafe. So, we focus on becomes unsafe. So, we focus on supporting the builders and slowing the supporting the builders and slowing the breakdown. That's how we keep bones breakdown. That's how we keep bones strong. But if that balance breaks, strong. But if that balance breaks, something more dangerous begins. Calcium something more dangerous begins. Calcium goes rogue. Isn't calcium just for goes rogue. Isn't calcium just for bones? Not exactly. When it ends up in bones? Not exactly. When it ends up in your joints, brain or blood vessels, it your joints, brain or blood vessels, it accelerates aging, causes stiffness, and accelerates aging, causes stiffness, and creates pain. That's calcium misbehaving creates pain. That's calcium misbehaving like a kid who won't stay in their seat.

like a kid who won't stay in their seat. And when it happens, inflammation, And when it happens, inflammation, stress, and fatigue all get worse. stress, and fatigue all get worse.

That's why we don't just treat symptoms. That's why we don't just treat symptoms. We follow the calcium. Do you have any We follow the calcium. Do you have any questions? Just ask me. I'm here. I'll questions? Just ask me. I'm here.

How Your Body Can Guide Calcium Back into Your Bones-Naturally

I'll gladly help. Third, how your body can gladly help. Third, how your body can guide calcium back into your bones guide calcium back into your bones naturally. You can guide calcium back naturally. You can guide calcium back into your bones naturally with the right into your bones naturally with the right signaling and support. Here is something signaling and support. Here is something most people don't know. Before a most people don't know. Before a fracture or a skin reveals major damage, fracture or a skin reveals major damage, your bones often give a quiet warning.

your bones often give a quiet warning. It's called It's called osteopenia. That means your bones are osteopenia. That means your bones are starting to thin. Think of your bones starting to thin. Think of your bones like a sponge drying out. On the like a sponge drying out. On the outside, they may still look fine, but outside, they may still look fine, but inside they are becoming brittle. There inside they are becoming brittle. There is no pain, no obvious symptoms, but is no pain, no obvious symptoms, but your bones are whispering, "I need your bones are whispering, "I need help." This stage is called osteopenia.

help." This stage is called osteopenia. Not a full stop, but a yellow light, a Not a full stop, but a yellow light, a warning to slow down and pay attention.

warning to slow down and pay attention. Actually, you can change the outcome. Actually, you can change the outcome. ignore it and the risks become very real ignore it and the risks become very real because bones can look

strong on the because bones can look strong on the outside but be hallow and fragile outside but be hallow and fragile within. That's within. That's osteoporosis. Fast breakdown and slow osteoporosis. Fast breakdown and slow rebuild until one wrong step leads to a rebuild until one wrong step leads to a serious fracture. It creeps in silently serious fracture. It creeps in silently without pain. But now you know and that without pain. But now you know and that gives you power because when your body's gives you power because when your body's calcium signaling is restored, you can calcium signaling is restored, you can guide calcium back into your bones even guide calcium back into your bones even after bone loss has begun. If you find after bone loss has begun. If you find this information useful, don't miss this information useful, don't miss what's coming next. The insights could what's coming next. The insights could change the way you think about bone change the way you think about bone