



# Welcome New Member!

We are delighted to have you as our newest MEMBER and to be part of your path toward radiant health.

At OsteoStrong you will discover our commitment to helping you achieve your health goals and become more empowered in your daily activities.

Here is some important information about your OsteoStrong sessions, our center policies and some of the member benefits you will enjoy. If there is anything we can do to make your experience more enjoyable, please let us know.

## Welcome to the OsteoStrong Family!

### OVERVIEW:

OsteoStrong works for people of all ages and levels of activity to promote skeletal strength, which impacts the entire body using a process known as osteogenic loading.

The skeletal system is the foundation of your body and provides more than just strength and protection. By implementing a strategy to care for and strengthen it, many people experience the following results:

- ⊗ Improved Bone Density
- ⊗ Improved Posture
- ⊗ Improved Balance
- ⊗ Improved Athletic Performance
- ⊗ Less Joint and Back Pain
- ⊗ Lower A1c Levels

The equipment we use was invented by the father of osteogenic loading, Dr. John Jaquish, Ph.D. Dr. Jaquish is the Chairman of the Medical and Scientific Advisory Board

for OsteoStrong and the author of the book *Osteogenic Loading*. He is a frequent speaker at the World Congress on Osteoporosis and is on the Board of American Bone Health. His continued contributions are invaluable in bringing this groundbreaking technology to the world.

Research shows that the stimulus required to trigger osteogenesis (growth of healthy bone tissue) is 4.2 multiples of body weight.

Many people find it difficult to achieve that level of stimulus without using our specialized equipment. However, our members easily and safely achieve forces in excess of 5 to 12 times their body weight. High impact is one of the most powerful stimuli the musculoskeletal system can experience. At OsteoStrong, we use high-impact emulation to safely deliver these benefits to people of all ages and fitness levels.

## MEMBER BENEFITS:

- ⊗ One session per week – health benefits continue even if you miss a session
- ⊗ Ability to schedule make-up sessions
- ⊗ Weekly appointment reminders
- ⊗ Member Referral Program
- ⊗ Center Events
- ⊗ When traveling, enjoy up to two free sessions at another OsteoStrong location per year. For other locations, go to [osteoststrong.me/locations](https://osteoststrong.me/locations)

## OSTEOSTRONG SESSION GUIDE & TIPS

### Step 1: Whole-Body Vibration

Your session begins with 2 minutes on one of our whole-body vibration plates. Standing on a VibePlate prepares you for your osteogenic loading session by increasing the communication between your brain and muscles. The optimal frequency for most people is 30 Hz (30 pulsations per second).

- ⊗ TIP: *When standing on the VibePlate, you do not want to feel the vibration in your head. To keep this from happening, bend your knees slightly, and shift your weight from your heels to the balls of your feet.*

### Step 2: Osteogenic Loading

During your osteogenic loading session, you engage in four self-loaded positions (called “Trigger Events”) to stimulate your body’s major muscles and bones. Your goal is to push or pull as hard as you comfortably can. Each Trigger Event targets specific groups of muscles & bones.

Your OsteoStrong sessions evolve as YOU DO. The beauty of this system is that it allows you, the member, to take charge of your own improvement and success with a trained session coach nearby to assist you, encourage you, and answer any questions you have.

- ⊗ TIP: *EASE in and EASE out of all Trigger Events. Always breathe. Only push or pull to your comfort level. Never strain.*

The benefits continue even if you miss a session. After an osteogenic loading session, your body begins to refortify tissue, which can take one to six weeks.

That means that your bones and muscles are rebuilding during your rest period.

### Step 3: Whole Body Vibration

After finishing the four Trigger Events, you will return to the VibePlate for 2 minutes. After osteogenic loading, there is increased communication between your brain and muscles and the triggering of your central nervous system (the complex of nerve tissues that control the body's activities).

This increased communication is called “**neural potentiation**” and lasts approximately 15 minutes following your session.

- ⊗ TIP: *This is a great time to work on balance, agility, and reaction time.*

## **ADDITIONAL SERVICES:** (See Fee Schedule)

### **RED LIGHT THERAPY**

Mitochondria support, skin rejuvenation, eye health, joint pain reduction, sleep optimization, reduced inflammation, fat loss support, and much more.

### **PEMF (PULSED ELECTROMAGNETIC FIELD THERAPY)**

Benefits include stronger bones, endorphins and pain relief, better sleep and HGH secretion, more energy ATP, better oxygenation and circulation, improved immunity, relaxation, stress reduction, and nerve and tissue regeneration.

### **COMPRESSION THERAPY**

Benefits include an improved lymphatic system, reduced inflammation, improved immune response, increased flexibility, decreased sensitivity to pain, curbed muscle fatigue, and enhanced recovery.

### **HYDROMASSAGE**

Benefits include increased circulation, curbing muscle fatigue, increased flexibility, and decreased stress hormone – cortisol.

### **BIOCHARGER**

Improved cellular communication, recharge energy, boost recovery, sharpen focus, improved sleep, and improved mobility.

### **YOU ARE ALWAYS IN CONTROL**

If an injury should occur during your daily life, or if your doctor recommends a change in activity level, please let us know. Our session coaches can help you adjust to each Trigger Event to accommodate your body's needs, ensuring you stay safe & comfortable.

### **OSTEOSTRONG REFERRAL PROGRAM**

Refer a friend and receive a **FULL-BODY RED LIGHT** session or a **HYDROMASSAGE** session for EVERY referral who becomes a member. Referral cards are at the front desk.

## **MEMBER POLICIES:**

### **SCHEDULING**

For your convenience, we reserve a weekly, recurring time slot for your sessions. Appointment reminders are sent out before your appointment. If you are a non-recurring member, please call before stopping in to ensure we have availability. Reach out via **TEXT** at **435-269-4815** or **CALL 435-767-0274**

### **LATE ARRIVALS**

Please arrive at least 5 minutes before your scheduled session to keep things flowing smoothly. In the case of late arrivals, we will try our best to get you in as soon as possible. Please **TEXT** us at **435-269-4815** if you think you may be considerably late for your session. Late arrival may result in a shortened session time to accommodate on-time appointments.

### **MISSED SESSIONS & SESSION CANCELLATION POLICY**

Missed sessions will NOT be refunded or credited. If you are unable to attend your regular weekly session, we request 24-hour notice. Feel free to reach out via **TEXT 435-269-4815** or **CALL 435-767-0274**

## MISSED SESSIONS & SESSION CANCELLATION POLICY

Rescheduling within the same week will be accommodated based on availability. Missed sessions can be made up by doing two sessions within the week. NOTE: *Sessions should be at least four days apart.*

When traveling, you can do two sessions annually for no charge at other OsteoStrong locations. Thereafter, a session fee will apply.

### MAKE-UP SESSIONS

If you find yourself unable to attend your scheduled session, we kindly request a 24-hour notice, as our staffing is organized in alignment with our calendar load. We will endeavor to accommodate a rescheduled session based on schedule availability. If you will be missing or have missed your regular appointment, please

**TEXT 435-269-4815** or

**CALL 435-767-0274** to check availability for a make-up session.

### POWER OUTAGES/SEVERE WEATHER

If your appointment is disrupted by circumstances beyond our control (such as severe weather, power outages, etc.), please call us. We will do our best to reschedule you.

### BILLING

Memberships run on a month-to-month basis, with automatic monthly billing occurring on the anniversary of your enrollment date.

Membership fees are not based on attendance. Monthly membership dues are billed whether or not a member is able to attend a given

session. Your monthly membership includes four monthly sessions (a fifth bonus session may occur in longer months).

We encourage using ACH billing directly from a bank account. Please bring a voided check to facilitate setting up automatic billing through your bank. However, if you opt to use a credit card, debit card, or HSA card, a \$5 monthly processing fee will be applied.

## MEMBERSHIP FEES ARE NOT PRORATED OR REFUNDABLE

### SPOUSE & FAMILY ADD-ONS

We offer special spouse and family add-on pricing for your convenience and savings. In the event that the primary member goes on hold or cancels their membership, the spouse or family add-on member will become the primary, and the membership fee will be adjusted accordingly.

### MEMBERSHIP HOLDS

If you anticipate missing four or more sessions due to vacation or medical circumstances, we offer the option to temporarily pause your membership. To initiate a hold, kindly complete the Hold Request form at least 20 days before the intended hold period. This advance notice helps us adjust your billing accordingly, switching from your regular membership dues to a nominal hold fee of just \$20 per month. Upon the conclusion of the hold period, your membership dues will automatically resume.

## MEMBERSHIP HOLDS CONT.

Our maximum allowable hold period is three months. A reinstatement fee will apply if your intended hold duration exceeds this timeframe. Additionally, please note that your regular day/time appointment slot may not be guaranteed upon your return. We recommend consulting a management team member for further consideration if you anticipate a hold period surpassing three months.

Your cooperation in completing the Hold Request form in a timely manner is greatly appreciated.

## FLEXIBILITY

We understand that life happens. If you are experiencing some hardship, please speak with us to discuss options.

## HOLIDAY CLOSURES

- 🕒 Memorial Day
- 🕒 July 4<sup>th</sup>
- 🕒 Labor Day
- 🕒 Thanksgiving  
(Early close at noon on Wednesday, all day Thursday and Friday)
- 🕒 Christmas  
(Closed one week between Christmas and New Year's. (Posted in December)

## OSTEOSTRONG HOURS

**THE LOBBY WILL BE OPEN 5 MINUTES BEFORE OPENING**

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MONDAY	CLOSED
TUESDAY	8:00 AM – 5:00 PM
WEDNESDAY	8:00 AM – 12:00 PM
THURSDAY	9:00 AM – 6:00 PM
FRIDAY	CLOSED
SATURDAY	9:00 AM – 1:00 PM
SUNDAY	CLOSED

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**OSTEOSTRONG CLOSES**

**FOR LUNCH ON**

**TUESDAY AND THURSDAY**

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**OSTEOSTRONG RED ROCK**

**1316 S. 400 E. #B1**

**ST. GEORGE, UT 84790**

[GETSTRONG@OSTEOSTRONGREDROCK.COM](mailto:GETSTRONG@OSTEOSTRONGREDROCK.COM)

**CALL 435-767-0274**

**TEXT 435-269-4815**

## WHAT IS OSTEOSTRONG?

A movement, defined.

The key to building skeletal strength has been known for more than 125 years. With OsteoStrong, this secret is being applied to the human body for the first time!

*"No modality I have come across has the potential to change the lives of so many millions of people like this one."*

~ Steve Shifflett, M.D.

*"The real-world musculoskeletal benefits of osteogenic loading on strength, coordination and balance are nothing short of astonishing."*

~ Jeffrey Benston, M.D.

OsteoStrong sessions involve osteogenic loading, which is a type of physical medicine that aims to improve bone density and strength. It involves applying brief but intense forces to the bones in a slow and controlled way, which stimulates cells responsible for bone growth and remodeling. The goal of osteogenic loading is to increase bone density, reduce the risk of fractures, and improve overall bone and muscle health.

The safest and most efficient way to perform osteogenic loading is through the use of specialized equipment such as the OsteoStrong system, which uses four patented robotic osteogenic loading machines. OsteoStrong machines are scientifically designed to safely apply high levels of force to the bones, which stimulates the body's natural bone growth process.

Osteogenic loading has been proven to be effective in improving bone density and reducing the risk of fractures, particularly in individuals with osteoporosis or osteopenia. It has also been found to be beneficial for athletes looking to improve their bone density and overall bone health by overcoming limiting neural inhibition and boosting their athletic performance.



While osteogenic loading can be an effective way to improve bone density, it is important to consult with a healthcare professional before starting any new physical health program such as OsteoStrong, especially if you have a history of bone fractures or other medical conditions affecting your musculoskeletal health.



For More Information

Scan me

# WHAT IS OSTEOSTRONG®?

A Unique System For Developing Your Skeletal Strength and improving your overall health.

OsteoStrong™ is not a gym, diet, supplement, pharmaceutical, or a medical treatment. OsteoStrong™ is a unique place where you can go to improve your overall health by focusing on the one thing we all have in common: a skeletal system.

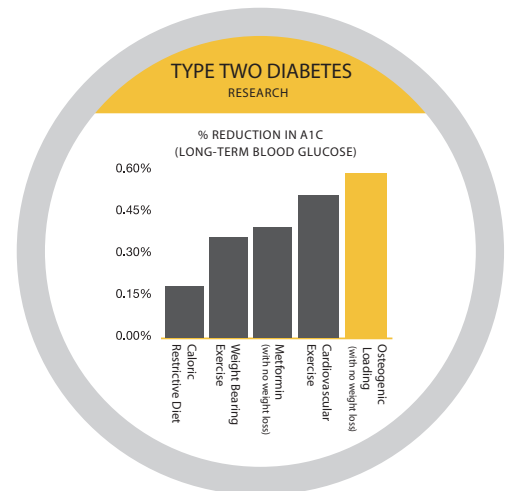
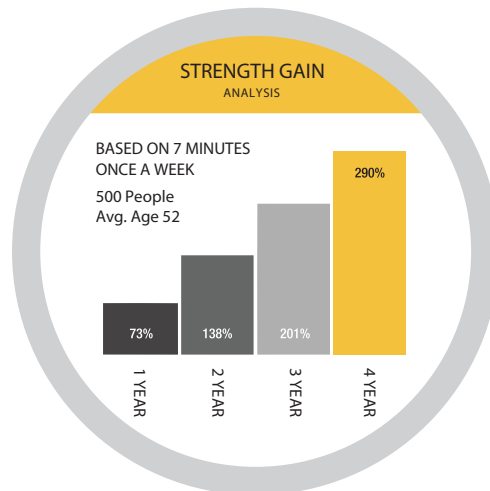
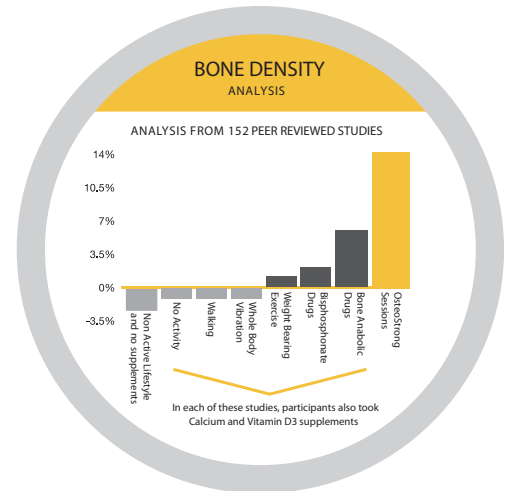
The skeletal system is the foundation for your body and provides more than just strength and protection. It is arguably one of the most critical systems of the human body, and by implementing a strategy to care for and strengthen it, many experience the following results:

- IMPROVED BONE DENSITY
- IMPROVED POSTURE
- IMPROVED BALANCE
- IMPROVED ATHLETIC PERFORMANCE
- LESS JOINT AND BACK PAIN

OsteoStrong™ works for people at all ages and levels of activity to promote skeletal strength which impacts the entire body in many ways using a process known as Osteogenic Loading. Sessions are quick, painless, and results are measurable and happen quickly.

OsteoStrong™ helps you strengthen the foundation of your body – the skeletal system. Unlike other health solutions, you don't have to spend hours at a gym or exert physical energy that will leave you feeling tired by the time you're done.

Its Sweat-free. Painless. Fast: less than 10 minutes. Will not leave you feeling fatigued. Will not leave you feeling sore the next day. A once per week system.



**One 10-minute session per week dramatically improves the strength of your skeletal system to improve your overall health.**

## THE WIDE REACHING BENEFITS OF OSTEOGENIC LOADING YOUR SKELETAL SYSTEM

- INCREASED ENERGY & STRENGTH
- IMPROVED POSTURE, AGILITY AND BALANCE
- OFTEN THE REVERSAL AND ELIMINATION OF JOINT AND BACK PAIN
- AVOIDANCE OR REVERSAL OF OSTEOPOROSIS
- AVOIDANCE OR REVERSAL OF TYPE 2 DIABETES



**THE ULTIMATE BIOHACK**  
BONES | STRENGTH | BALANCE

# FAQs

## OSTEOSTRONG®

OsteoStrong uses a uniquely designed set of robotic devices along with biofeedback that safely emulates high-impact forces. It is a well-known principle of the human physiology that the human muscular-skeletal chain responds to heavy impact forces by growing new bone and muscle tissue.

The natural response that happens when people start building more bone than they naturally lose is called osteogenesis. It is something that's available to all humans at just about any age. In fact, there have been about 25,000 clinical studies that support this, and it is taught in medical schools all around the world. However, scientists have only recently discovered what the actual minimum amount of pressure needed to trigger osteogenesis.

A study published in 2012 out of Bristol, United Kingdom showed that subjects were only capable of triggering osteogenesis in the hip if they were achieving a minimum force of 4.2 multiples of their own body weight.

That study changed everything we thought about developing skeletal strength. You see, up until that study concluded, most people thought that weightlifting, running, yoga, or walking would increase bone and strength. This study showed that the pressure needed to trigger osteogenesis was far greater than those exerted in basic exercise and couldn't be achieved by most people safely outside of OsteoStrong.

OsteoStrong is remarkable because it allows people of just about any age or fitness level to experience the benefits of high-impact forces on the body, BUT in a much safer and controlled way.

There are many questions that our members ask when they start the OsteoStrong program. Here are five of the most common:

1. Isn't this like isometric exercise?
2. Why couldn't I just do this at the gym or at home?
3. Does this replace the need to go to the gym?
4. How long do I need to do this to get results?
5. Why can't I do sessions more than once per week?

### **ISN'T THIS LIKE ISOMETRIC EXERCISE?**

Isometric exercises are great and are very safe for the joints, but the objective of OsteoStrong is to develop skeletal strength. Because we have learned from clinical research that it requires at least 4.2 multiples of body weight in the hip joint to trigger osteogenesis, most types of isometric exercises are incapable of delivering the needed load to achieve the desired result. While OsteoStrong is as safe as isometric exercise, it also provides an opportunity to achieve higher multiples of body weight which aids in reconditioning of bone and muscle tissue.

### **WHY COULDN'T I JUST DO THIS AT THE GYM OR AT HOME?**

It is possible, but not safe. In fact, one class of athletes that are pound-for-pound, some of the strongest and most powerful athletes in the world are gymnasts. They have some of the densest bone and muscle tissue of anyone. This is because they regularly experience high impact force. But, as you probably know, the average retirement age for a gymnast is 19 years old. It's not because they're too old or getting weak; it's because the



high impact force of gymnastics is so hard on the joints. In fact, gymnasts often have some the highest rates of hip and knee replacement surgeries of any athlete.

So, while it may be possible to trigger osteogenesis in home or at the gym, the challenge is in trying to achieve the minimum threshold of 4.2 multiples of body weight at the gym or home in a SAFE way. Take for instance a person weighing 150 lbs. They would need to apply force of over 630 lbs. to their muscular skeletal structure in efforts to trigger osteogenesis. This load applied in a gym or home setting would put the body at high risk of injury.

By engaging in the OsteoStrong system, you are getting all the benefits of impact force WITHOUT the risk of injury.

## **DOES THIS REPLACE THE NEED TO GO TO THE GYM?**

There are a lot of benefits that come from traditional exercise that you would do at the gym. OsteoStrong does not cover all of those bases, and we would never dissuade someone from exercise. For those that go to the gym, they'll find that OsteoStrong accelerates their results. Additionally, OsteoStrong helps to reduce or eliminate joint and back pain by strengthening the joints and surrounding tissues. Many of the modalities offered at OsteoStrong can help rapidly speed up your recovery. The OsteoStrong program helps people prevent injuries they may experience while exercising in the gym. We don't see people quitting the gym to come to an OsteoStrong center or vice versa, but the two actually have more of a symbiotic affect when used in conjunction with each other. Olympic athletes that engage in both their daily training and weekly OsteoStrong sessions are experiencing incredible breakthroughs in speed, strength, recovery and mind/body connectivity.

## **HOW LONG DO I NEED TO KEEP DOING OSTEOSTRONG TO GET RESULTS?**

The human body typically loses about 1% of its bone mass every year after the age of 30. It's one of the reasons why people start losing strength, increasing joint and back pain, and their posture declines. OsteoStrong sessions often reverse these effects for everyone fairly quickly, and while the results happen quickly for most, they linger on for quite some time after stopping sessions. However, the body will continue to lose 1% of bone mass if there is no bone growth stimulant.

I guess a better question is "If I could get stronger with age, why wouldn't I?"

One of the things that surprises most people about the results from OsteoStrong sessions are the incredible strength gains. No matter if someone is an elite, peak-performing athlete or an elderly, deconditioned person, the physical strength and power increases are remarkable and can continue for as long as they do their OsteoStrong sessions. In fact, we performed a four-year case study on 500 people with an average age of 52. (We chose subjects in that age demographic because seeing strength gains at that age is generally difficult to achieve. We figured that if we could simply stabilize the strength of this group over four years, it would be a success.) Over four years, the subjects of the study experienced an average 290% strength gain. That's a game changer on every level and an increase we have never seen with any other strength training modality.

## **WHY CAN'T I DO SESSIONS MORE THAN ONCE PER WEEK?**

The reason why we do not allow clients to do more than one osteogenic loading session a week is that the bone metabolizes more slowly than other tissues. For instance, we know that after strength training, muscles require about 36 hours to recover. With cardiovascular exercise, the body can recover in a matter of hours. Bone mass is different. It is much slower. We have found that it takes about 7-10 days until it is ready for another osteogenic loading session. More frequent sessions have shown to slow results.

# OSTEO STRONG<sup>®</sup>

## Contradictions Cheat Sheet

- 3rd Trimester Pregnancy (Spectrum/ BioCharger/ PEMT)**
- Active Hernia (Spectrum)**
- Active Tumor or Cancer (Vibe)**
- Cochlear Implants (Remove before using Vibe/PEMT/BioCharger)**
- Insulin Pump (BioCharger)**
- Joint Replacement (Vibe- if less than 6 months)**
- Lymphedema (Compression Boots/Hydro Massage)**
- Metal Plates/ Screws (BioCharger/ Vibe if recent)**
- Muscular Dystrophy (Spectrum)**
- Neurological Condition (HydroMassage)**
- Organ Transplant (PEMT)**
- Pacemaker/Defibrillator (BioCharger/PEMT)**
- Photosensitivity (Red Light/ BioCharger)**
- Pulmonary Condition (Compression Boots/ Hydro Massage)**
- Retinal Condition (Vibe)**
- Seizures/ Epilepsy (Vibe/ BioCharger flashes)**
- Sever Diabetic Neuropathy (Compression Boots)**
- Severe Migraines (BioCharger/ Vibe)**
- Skin Condition (HydroMassage/ Compression Boots)**
- Thrombosis (HydroMassage/ Compression Boots)**
- Unmedicated Hypertension (Spectrum/ Compression/)**
- Vertigo (Vibe)**

## BUCKET FILLERS:

### Nutrition

- Need **1000-1200 mg of Calcium** daily (can only absorb 500 mg at a time)
  - Need **800-2000 units of Vitamin D** daily to process Calcium
  - **Vitamin K2 transports Calcium** from the bloodstream to the bones
  - **Protein 70-90 grams** daily (Collagen protein is best)
- ...other trace minerals like Magnesium and phosphorous impact bone health

## HOLES IN THE BUCKET:

### Lifestyle



**SODA, ALCOHOL, and SMOKING** all decrease bone density

### Medical Conditions

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Anorexia Nervosa</li> <li>• Alcoholism</li> <li>• Cancers</li> <li>• Celiac Disease</li> <li>• Crohn's Disease</li> <li>• Cushing's Disease</li> </ul> | <ul style="list-style-type: none"> <li>• Hypogonadism</li> <li>• Hyperthyroidism</li> <li>• Liver Disease</li> <li>• Malabsorption</li> <li>• Rheumatoid Arthritis</li> <li>• COVID-19</li> </ul> |
|---|---|

### Medications

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Adrenocorticotrophic hormone</li> <li>• Anticoagulants (Heparin®)</li> <li>• Anticonvulsants (Dilantin®)</li> <li>• Chemotherapy drugs</li> <li>• Cyclosporine</li> <li>• Gonadotropin releasing hormone antagonists or agonists</li> </ul> | <ul style="list-style-type: none"> <li>• HIV drugs</li> <li>• Lithium</li> <li>• Methotrexate</li> <li>• Steroids</li> <li>• Thyroxine - high doses (Synthroid®)</li> </ul> |
|--|---|

Osteoporosis can be genetic and the two races most prone are Caucasian and Asian. Body size can also be a factor; smaller and petite body frames are more at risk of developing Osteoporosis.

# How to Talk to Your Doctor About



OsteoStrong appreciates you spreading awareness in your community! Thanks to members like you we can help others discover all natural ways to increase their bone density and strength, reduce or eliminate back and joint pain, improve balance along with many other benefits.

While the concept of building bones naturally has been understood in the medical field since it was discovered by German surgeon Dr. Julius Wolfe in the late 1800's, Osteogenic Loading is still a relatively new area in healthcare and wellness.

Thankfully, OsteoStrong has many tools to help you share our brand with your practitioner. Whether you are speaking to your physician, a chiropractor or influencers in your community, we have the tools to help make it easy!

How to start:

- Your local facility should have brochures and other print materials that can be shared with anyone in your community.
- If you aren't comfortable explaining OsteoStrong, ask the owner or manager for a free session card that you can give to your practitioner. This allows for your practitioner to meet one-on-one with them in the center where they can also experience a session firsthand!
- Some members may be more comfortable giving their local OS center information about their practitioner instead of talking to the practitioner directly. Give the local owner permission to use your name in reaching out to the practitioner as a personal recommendation.
- OsteoStrong has a great website ([www.osteostong.me](http://www.osteostong.me)) that anyone can use to learn more about how what we do and the vast number of locations that we have globally.
- We have hundreds of videos and testimonies online that can be viewed on either Google or YouTube. Feel free to share these others that you feel would benefit from OsteoStrong.
- The Osteogenic Loading book is a great tool in explaining how OsteoStrong works in building bone density filled with research and data. Ask the local owner if you can borrow a copy for your practitioner to read. The book is also available in an electronic version for around \$1.00 on Amazon, here is the link:  
[https://www.amazon.com/Osteogenic-Loading-OsteoStrong-John-Jaquish-ebook/dp/B012TSUMDK/ref=tmm\\_kin\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.com/Osteogenic-Loading-OsteoStrong-John-Jaquish-ebook/dp/B012TSUMDK/ref=tmm_kin_swatch_0?encoding=UTF8&qid=&sr=)

Of course, your personal testimony is more powerful than all of the above! Share with your practitioner how you feel now versus when you started OsteoStrong. Discuss with them the improvements that you've seen in your body along with other benefits that you may be experiencing. Do you have more energy and stamina? Are you sleeping better, and do you notice that you have better balance and can get up and down more easily?

One of the most incredible aspects of OsteoStrong is that almost anyone can do it no matter their age or fitness level. As you already know, it only takes about 10 minutes once a week to get the extraordinary gains. Since you are always in control, it is safe and effective for most of the general population.

If you are one of the thousands of members using OsteoStrong to improve your bone density, have a starting DXA scan or blood maker test to show the gains you are receiving from OsteoStrong. We love to show non medication gains in bone density and the proof is irrefutable!

Thanks again for helping us promote OsteoStrong...you may be helping save a life including your own!



BONES | STRENGTH | BALANCE

## Press Release July 2023

OsteoStrong®, the leading provider of advanced skeletal strength conditioning technology, has achieved an extraordinary milestone in bone density enhancement. A groundbreaking clinical study, conducted by renowned researchers Dr. George Chrousos and Dr. Nektaria Papadopoulou, has unveiled unprecedented advancements in bone density through OsteoStrong intervention. The findings were presented at the ENDO 2023 conference in Chicago, captivating the attention of over 7,000 endocrinologists.

OsteoStrong has emerged as a transformative intervention for improving bone density. The study, comprising a 9-month segment ending in December 2022, focused on 140 post-menopausal women, with an average age of 55 or above. Half of the participants engaged in weekly OsteoStrong sessions, while the remaining half formed the control group. The research shed light on the exceptional benefits of OsteoStrong. The published abstract of the study has revealed compelling results, demonstrating substantial improvements in bone density among participants who engaged in OsteoStrong sessions. Two crucial metrics were utilized to assess bone density. The cortical bone density in the lumbar region, representing the outer layer of the bone, exhibited a remarkable average increase of 2.21% in Bone Mineral Density (BMD) within the OsteoStrong group.

In stark contrast, the control group experienced a loss of 0.12%. This profound discrepancy underscores the effectiveness of OsteoStrong in preserving and enhancing bone density. Additionally, the inner trabecular bone, which plays a critical role in overall bone strength, displayed an equally impressive average increase of 1.73% in bone mineral density among the OsteoStrong group. Conversely, the control group experienced a decline of 1.31%. These results emphasize the transformative impact of OsteoStrong in promoting optimal bone health. Furthermore, the average T-Score for the OsteoStrong group improved from -2.27 to -1.93, signifying a substantial enhancement in bone density. The significance of this improvement cannot be overstated, as it indicates a positive shift towards stronger and healthier bones.

OsteoStrong's revolutionary intervention, as demonstrated by the remarkable findings of this clinical study, holds tremendous promise for individuals seeking to improve their bone health. With its evidence-based approach, OsteoStrong is redefining the way we perceive and address bone density concerns.

With a global presence and a commitment to scientific research, OsteoStrong empowers individuals to achieve optimal bone health and live life to the fullest. OsteoStrong presents a promising solution in the battle against osteoporosis. By incorporating osteogenic loading exercises into a brief and convenient once-a-week system, individuals can enhance bone density, strengthen muscles and joints, and reduce the risk of fractures. With its non-pharmaceutical, non-invasive nature, OsteoStrong provides a drug-free approach suitable for people of all ages. Embracing this innovative technology can empower individuals to take control of their bone health, leading to a better quality of life and greater independence in the face of osteoporosis.

## Medications that can cause bone loss and contribute to osteoporosis

Medication	✓	Impact on bone	Used for	Common names/brands
Steroids or corticosteroids		Negatively affects bone building process	rheumatoid arthritis, asthma, Crohn's disease,	Prednisone, prednisolone, Medrol, Deltasone, Decadron, cortisone, Cortel, Celestone, Aristocort, beclomethasone
Thyroid		Interferes with bone-repair and bone-building	Hypothyroidism	Synthroid, Levothroid, Levoxyl, Unithroid
Antacids with aluminum		Negatively affects calcium and phosphate absorption	heartburn, acid reflux, indigestion, stomach ulcers, excess stomach acidity	Aludros, Amphojel, Gaviscon, Gelusil, Kolantyl, Maalox, Mylanta, Riopan
Proton Pump Inhibitors		Inhibits calcium absorption	acid reflux, stress gastritis, peptic ulcers	Zantac, Protonix, Prilosec, Aciphex, Dexliant, Axid, Nexium
Some antibiotics		Impairs healthy bone structure and function	bacterial infections	Declomycin, Dynacin, Terraymcin, Achromycin
Anticonvulsants		Inhibits vitamin D metabolism in liver	seizures	Dilantin, Phenobarbital, Depakote
Loop Diuretics		Induces calcium, potassium and magnesium excretion	high blood pressure, congestive heart failure	Lasix, Aldactone, Dyazide, Bumex, Diamox and Edecrin
Blood thinners		Inhibits calcium absorption and bone-building	heart and vascular disease	Heparin, Coumadin, warfarin
Lithium		Increases parathyroid activity which increases bone resorption	bipolar disorder	Eskalith, Eskalith-CR, Lithobid,
Chemotherapy /Methotrexate		Prevents bone formation	rheumatoid arthritis, psoriasis, breast cancer	Rheumatrex Dose Pack, Trexall, Adriamycin, Adriamycin RDF, Rubex, Adriamycin PFS
Progestin-based contraceptives		May increase bone destruction	Injectable contraceptive	Depo-Provera
Tamoxifen		May cause increased bone destruction	premenopausal breast cancer	Tamoxifen Nolvadex, Istubal, Valodex
Thiazolidinedione		Inhibits bone formation	Type II diabetes	Actos, Avandia

If you are on any of the medications listed, check with your doctor about your bone health.  
If you are taking FOUR or more medicines you are at greater risk of having a fall. Review your medication with your doctor regularly.

## Osteogenic Loading

Weight bearing activity is critical for bone health. The stress on the bones that results from weight bearing activities like running, jumping, and at times weight lifting, stimulates bone building. Weight slightly compresses the bone matrix and triggers the cells to assimilate more calcium and other minerals, and ultimately to increase bone density. The amount of weight bearing that causes this response from the bone is called “osteogenic loading” because it takes a certain “load” to stimulate the bone building cells. In contrast, “unloading” the bones from prolonged bed rest or space travel can result in loss of bone density. While normal daily activities are sufficient to prevent the harmful effects of unloading, significant “loading” appears to be required to increase bone mineral density.

Until recently, the exact amount of weight bearing “load” required for an “osteogenic” response had not been established.

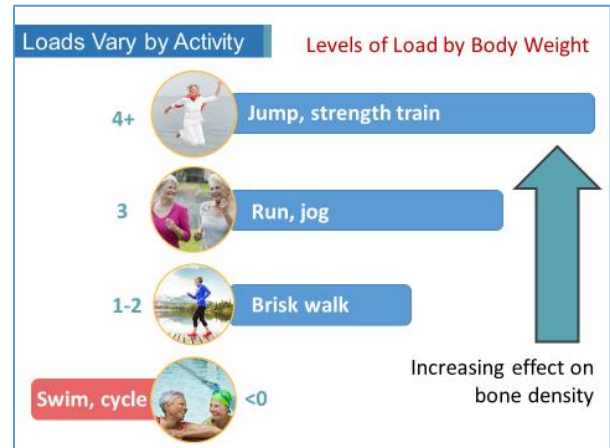
### What do we know?

We measure activity by how many multiples of body weight is loaded on the skeleton. Scientists in the United Kingdom, using accelerometers, did a cross sectional study in teens and determined that the amount of loading required to stimulate the bone building process equals 4.2 times body weight<sup>i</sup>.

As with all exercise studies, it is difficult to control for all of the variables associated with the participants, so we must be careful in generalizing the results to other populations.

Using the concept of osteogenic loading, if you weigh 130 pounds, you need to load your bones with 546 pounds to build bone. When we stand, gravity applies a load to our bones equals our body weight. Walking briskly increases load, running or jogging adds even more load, but it is higher impact activities like jumping or strength training that is needed to meet 4+ times body weight.

Bicycling and swimming are good cardiovascular activities, but they partially “unload” the bones, so competitive swimmers and cyclists should consider adding weight lifting to their routine.



### What can you do?

Always begin loading activities at a level that is right for you. If you are walking, work to increase your stride. If you are running, consider adding higher impact activities. Weight or resistance training is beneficial to muscle, so that you can have the strength to jump and land, or engage in higher impact activity safely.

If you have low bone density or osteoporosis, work with a professional on any activity that will add load to your bones. You want to use proper form and body mechanics to protect your spine.

<sup>i</sup> Deer, et al., Habitual Levels of High, But Not Moderate or Low Impact Activity Are Positively Related to Hip BMD and Geometry: Results From a Population-Based Study of Adolescents. JBMR, Vol. 27, No. 9, September 2012, pp 1887–1895

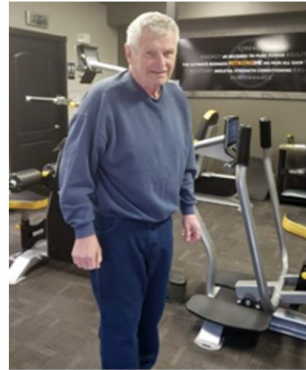
## MEMBER RESULTS



Since starting the OsteoStrong program, my A1C level has gone from 6.2 down to 5.9!



When I started my A1C was 7.6 and after 2 years of OsteoStrong it is now 6.7! I love how easy this program is!



When I started OsteoStrong my A1C was 7.6 and at my last check it was 6.3! Awesome!



When I started OsteoStrong my A1C was 7.6 and at my last check it was 6.3!



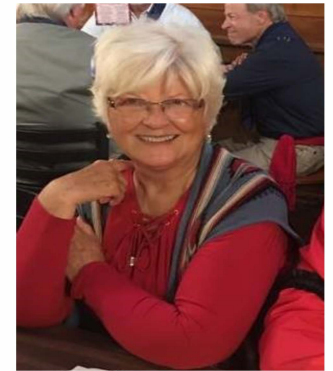
With the help of OsteoStrong my hip has moved from being osteoporotic to normal bone density!



The results of my bone density scan showed an increase of 5.1%. Thanks OsteoStrong!



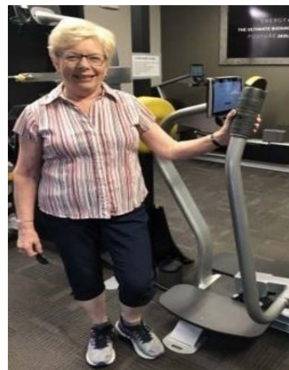
My recent DXA showed a bone density increase of 3.8%! Thanks OsteoStrong!



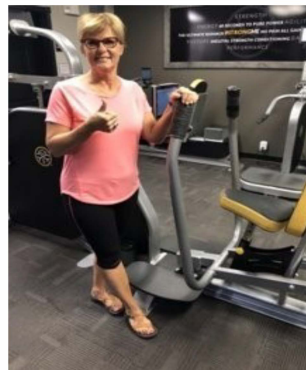
On my recent DXA it showed I had increased in 2 areas scanned! I love OsteoStrong!



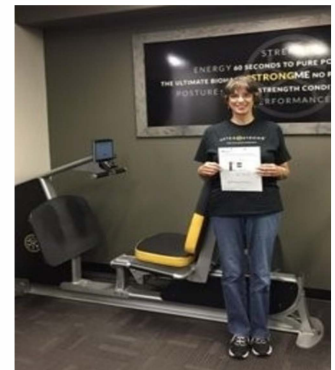
I had an increase of 6.3% in my spine and 3.3% in my hip. I love OsteoStrong!



My DXA showed an increase of 2.7% in my hip and 4.7% in my spine. I could not be happier!



My DXA showed an increase of 1.5% in my spine and 2.5% in my hip! I love coming to OsteoStrong!



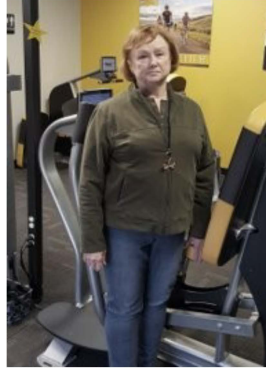
My DXA showed an increase of 10.9% in my arms, 5.2% in my spine, and 2.2% in my hip! I feel so much better!



## MEMBER RESULTS



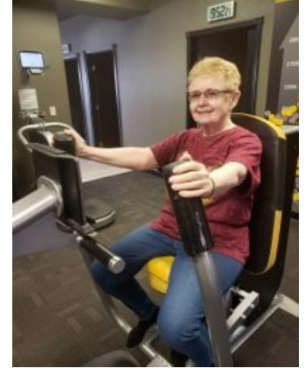
Since starting OsteoStrong I have had a 10% increase in my hip and no further loss in my spine!



After 6 months of OsteoStrong I had a decline in my AIC and my overall strength increased 43%!



My strength has increased by 60% and my balance has improved!



After starting OsteoStrong my doctor told me that my cholesterol level dropped 40 points!



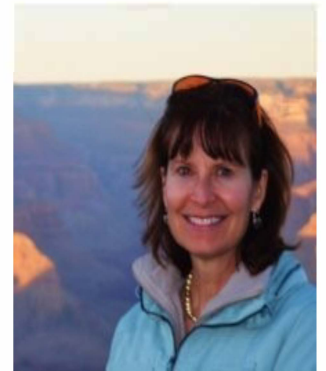
After 6 months of OsteoStrong I feel stronger than I have in the last 6 years!



There are many benefits to OsteoStrong! I am getting stronger!



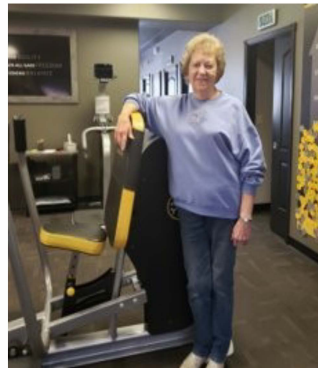
In 1 year of OsteoStrong I am encouraged how much better my strength, balance, and posture is!



Thanks to OsteoStrong I have seen improvements in my strength and balance. I am now able to be more active!



My DXA showed an increase in my hip and spine. Thank you OsteoStrong!



My doctor recommended OsteoStrong. My DXA scan showed an increase of 4.4% in my spine and 3.5% in my hip.



With OsteoStrong I had no loss in my hip and a 4.3% increase in my spine on my DXA! I love this program!



I have noticed less upper back pain and my balance has improved. My DXA showed an increase in my spine!



# RECOVERY THERAPY MODALITIES

OsteoStrong® offers research-based Recovery Therapy Modalities to aid in healing and growth at the cellular level

## OsteoStrong® Red Light

Red and near-infrared treatment to stimulate ATP production in the cell's mitochondria for:



- ⊗ Mitochondria support
- ⊗ Bone mineral density
- ⊗ Mental clarity
- ⊗ Thyroid and eye health
- ⊗ Wound healing
- ⊗ Reduced inflammation
- ⊗ Immunity boost
- ⊗ Improving skin conditions/Collagen
- ⊗ Full body detox
- ⊗ Chronic Fatigue/Fibromyalgia

(Informational Resources: [Dr. Michael Hamblin online](#) & [YouTube/Book](#) – “Red Light Therapy” by Ari Whitten)

## Purewave® PEMF

Pulsed electromagnetic field therapy is the action of applying magnetic frequencies to invigorate, re-energize, and stimulate the 70 trillion cells of the human form to:



- ⊗ Sleep enhancement
- ⊗ Injury healing rate
- ⊗ Muscle recovery
- ⊗ Bone density & healing
- ⊗ Immune system
- ⊗ Energy level
- ⊗ Circulation

<https://www.purewavelife.com/>

## Normatec® Compression Boots

Peristaltic pulse dynamic air compression sleeves on both legs create a massage-like effect to:



- ⊗ Decrease lactic levels
- ⊗ Increase circulation
- ⊗ Reduce swelling
- ⊗ Decrease muscle recovery time

<https://hyperice.com/get-normatec/>

## HydroMassage®

A therapeutic technique involving the use of water and pressurized jets to massage muscles and other soft tissues in the body.



- ⊗ Increase circulation
- ⊗ Decrease muscle soreness
- ⊗ Pain relief
- ⊗ Increase flexibility
- ⊗ Decrease stress hormone – cortisol
- ⊗ Decrease soreness

<https://www.hydromassage.com/>

## BioCharger®

BioCharger® is a subtle energy revitalization platform that uses four types of transmitted energy—Light, Frequencies & Harmonics, Pulsed Electromagnetic Fields (PEMF), and Voltage – all energies found in our natural environment that:



- ⊗ Recharge Energy
- ⊗ Boost Recovery
- ⊗ Enhance Performance
- ⊗ Sharpen Focus
- ⊗ Improve Sleep
- ⊗ Improve Mobility

<https://biocharger.com/>