

**How to Prevent and Arrest Osteopenia and Osteoporosis:
*A Primer for Women and Men***

May 14 and May 21, 2019, 1:00– 3:00 pm

Helen Kelly, Facilitator

May 14, 2019

Despite mountains of calcium pills and millions of bone-health prescriptions ...

Osteoporosis *is* an epidemic; it *is not* a condition of menopause:
How the body builds and sustains bone strength and density, and what happens when one or both decline.

Medicines and conditions that predispose men to bone density decline.

Research shows that supplements and drugs aren't the answer:
Why doctors are looking to nutrition

How to prevent and arrest Osteopenia and Osteoporosis:
The Nutrition Principles

May 21, 2019

Why a healthy diet, even all organic non-GMO, isn't enough.

How to prepare and combine foods to obtain the nutrients our bodies gather naturally to make bone.

Disempowering anti-nutrients phytates, oxalates and lectins, which are naturally-occurring substances in plant foods that bind to minerals and prevent absorption.

How mushrooms can become a year's worth of Vitamin D3

Easy bone-health recipes everyone will enjoy.

Frito Misto

Mushroom Soup

Chocolate Cake