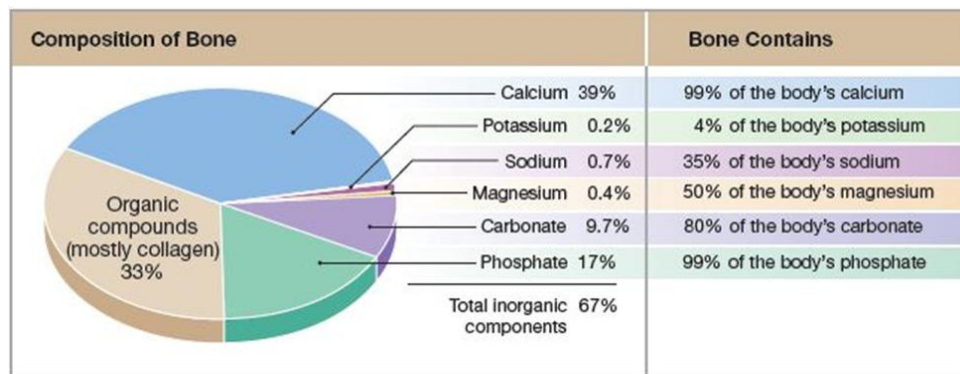


Exercises for Increasing Bone Density & Balance

By Dr. Derek Conte

Osteopenia and osteoporosis are conditions of bone density loss; osteopenia being less severe. Bones are crystalline in structure and grow denser when stressed in healthy ways through what is known as a “piezoelectric effect”. Here are two ways to reverse bone density loss. Either method is to be done 3 times per week.



METHOD 1: Exercises without equipment:

In this method, exercise intensity is vital to building bone strength. Challenge yourself. These exercises target bone strength but your muscles will naturally grow stronger as well.

- 1) Hopping in place with two legs (eventually one at a time). 50 Reps every other day
- 2) Hopping off stair or low platform of 4-8 inches. 50 Reps every other day
- 3) Walking on hills or climbing stairs. Easy walks on flat terrain not nearly as effective.
- 4) Push-ups leaning against wall, table or from knees until failure, OR
- 5) Reverse push-ups. Arms extended and slowly lowering chest until failure.
- 6) Lateral wide steps, side-to-side until failure.
- 7) Squats while holding a chair-back (or with weights) until failure. One set of each exercise should suffice.

METHOD 2: Exercises done on a Vibration Platform:

- a) This method is INTERVAL-BASED and shown to build bone density the fastest.
- b) Exercises done 3 times per week for 15 minutes only.
- c) Exercises must be performed at specific time intervals of exercise and rest.
- d) Exercises 1-7 (above) may be performed on the vibration plate using a wall as a stabilizer; other exercises may also be performed.
- e) Vibrational setting of 30 Hz to 35 Hz
- f) Training cycle intervals of 30 seconds exercise and 30 seconds rest, OR
- g) Training cycle intervals of 60 seconds exercise and 60 seconds rest.
- h) Vibration TURNED OFF during rest.

To view a demonstration of Method 2 with Vibration Platform exercises, go to YouTube: Science-Based Strategy To Build Bone Density FAST w/ Dr. Yoni Whitten

Suggested Vibration Platforms that seem to be good for the dollar:

*LIFE-PRO RUMBLEX PLUS 3D/4D 4HZ-40HZ \$399 on AMAZON

*VTOO3F HIGH FREQUENCY VIBRATION PLATE 15HZ-40HZ \$249 on AMAZON

Food and Supplement Suggestions: The Good: Vitamin D3, Vitamin K2 (liver, eggs, meats, butter, sour cream, cheeses), dark green vegetables, and good-old Sunshine will make bones grow strong. The Bad: Sodas, sugar, caffeine, prolonged stress & steroids weaken bones. Calcium supplements do not work and can promote heart/vessel problems and kidney stones. Bones are made up of much more than calcium and the strength of bones depends on the correct mixture of vitamins and minerals. Rickets, for example, is a bone-softening disorder leading to 'bow-leggedness' and can be caused by a vitamin D deficiency which prevents proper absorption of calcium and phosphorous from food.

Dr. Derek Conte is co-founder of Chiropractic Specialists at 1154 Concord Road in Smyrna. For more articles, info, photos, questions or comments, go to drderekconte.com