

# “Prevent / Reverse Osteoporosis Without Using Medications”

*If you'd like to confront osteoporosis head on, and do it all without medications, then this might be the most important letter you'll ever read....*

Dear Friend,

Have you, or someone you care about, recently received the bad news that they have **osteoporosis** or **osteopenia**? Have you been prescribed Fosamax, Boniva, Actonel or a like medication and been told to take extra calcium? **Are you scared** of developing osteoporosis because “it runs in your family”?

If this sounds like your story then I am thrilled to inform you that I have developed a program, based on hard science that can help stop osteoporosis in its tracks, and even send this disease into retreat as your **bones actually grow stronger!**

I know that you are skeptical of the pharmaceutical companies and probably skeptical of the natural products industry as well. I am here to tell you...

## YOU SHOULD BE SKEPTICAL OF BOTH!

The bottom line is, the conventional medical model is completely backwards and most natural products are simply poor quality and ineffective. Continue reading and I will give you the opportunity to learn about a program that is proven to work so you can begin immediately to **grow fresh, strong, pliable bone...**

My name is Dr. Craig Burns. I am a licensed chiropractic physician, and an expert on nutrition and fitness counseling who has been studying natural approaches to health for over a decade. In my practice, and seminar programs, I speak with hundreds of people every year who have been told that they have osteoporosis and that the only way to treat their disease is by taking a medication that has been implicated in causing an **unfortunate side effect called “Jaw Rot”**.

In addition, it is my opinion that with years of **taking these medications your bones will actually grow weaker!**

## IT IS TIME FOR A DIFFERENT APPROACH!

I have studied the literature and combined it with over 10 years of clinical experience to

bring you a seminar that will give you all of the tools that you need to **fight bone loss** and build strong, healthy, pliable bone that will allow you to **live your life to its fullest!**

The time of passive retirement is at an end, people like you and me are looking to be active for the rest of our lives! We want to explore, travel to distant lands, play with our children, not to mention, our grand children and great grand children! We will not retire to a nursing home to live out our last days in utter misery and despair...We want to live an active and energetic life! We can't do this if our bones and our body rot from the inside out!



Osteoporosis is a complicated condition. I have worked very hard to distill this program down to include **only the most important and impactful changes necessary to assure that you get the best results possible.**

## WHAT CAN WE TEACH YOU?

- ✓ **The form of calcium you will NEVER want to take.** Hint: Odds are you take it right now and your doctor probably recommended it!
- ✓ **What it takes to make major increases in your bone density!** How to increase your bone density by 11% or more in just 2 years!
- ✓ **Learn about how your lifestyle is responsible for robbing the bones of their precious minerals and how to reverse it!** I will tell you precisely how to change your lifestyle to get results.

- ✓ **Learn what role hormones play in building new bone.** Estrogen is not the answer! Learn about the hormone that can actually reverse bone loss!
- ✓ **Learn which vitamin is the most important** vitamin ever discovered for protecting the bones and exactly how much to take.
- ✓ **Learn what medications may be robbing your bones of important minerals.** You may be taking them right now!
- ✓ **Learn exactly what kinds of exercise and how much of it is necessary to build new, strong bone!**
- ✓ **Ten dietary guidelines for building strong healthy bones.** You need to know what to eat to build bones and what NOT to eat to protect them.
- ✓ **And much, much more...**

There is simply no other way to reverse osteoporosis, medications won't do it, positive thinking won't do it, and if you are waiting for the next magical medical breakthrough, let me assure you that the only thing that will "break-through" is your bones while you wait for medical researchers to save your life. **Osteoporosis is a condition of lifestyle**, not some medical certainty of everyday aging!

My goal is to educate and empower people to make positive changes in their health. Please call to attend our next **Build Strong Bones Seminar** - you won't be disappointed! This seminar is free to the public as part of our community outreach program.

My assistants are Becky and Tom and they are really great people. Our office is both friendly and warm and we try our best to make you feel at home. Our office is called **MAXIMIZED HEALTH WELLNESS CENTER** and is located at 7323 South Alton Way, Suite B Centennial (*we are near the intersection of I-25 and Dry Creek*). Our phone number is 303.462.4476. Call Becky or Tom for seminar dates and location. Thank you.

- Craig Burns, D.C.

P.S. Just think... you can enjoy good strong bones for the rest of your life without ever having to take an osteoporosis medication.

P.P.S. Get to know us better... please visit our website for more information:

[www.maximizedhealth.net](http://www.maximizedhealth.net)