

# **Navigating Your Bone Health Journey**

for Women Faced with Osteopenia and Osteoporosis



**YOUR ROADMAP TO  
HEALTHIER BONES**

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Osteoporosis Patient Navigator

# THE SILENT STRUGGLE

## YOUR UNTOLD STORY

**Do you recognize her? The woman in the mirror, who wears a brave face but inside is silently screaming, scared by the words “osteopenia” or “osteoporosis”.**

**It's not just a diagnosis,** it's an upheaval, upturning worlds and creating a spiral of fears and insecurities about the future. Your bones, once the silent supporters, are now the loud disruptors of your peace of mind.

The fear of fragility, the dread of an unexpected fall, and the anxiety of progressive decline that bring dark clouds over the horizons of your future.

It's a confusing world out there – contradictory advice, complex medical terms, and an endless array of treatments. It seems that the world silently echoes: "This is your fight alone."

The blame is subtly shifted onto your shoulders for not having “strong enough” bones, for not taking “enough calcium”, or simply being “too stressed”. But this isn't a fair accusation.

Because there are external factors, systemic issues, and **hidden truths** that are being kept out of your reach.

**IN A CONFUSING WORLD,  
LET ME SHOW YOU HOW TO  
NAVIGATE THE SEA OF  
MISINFORMATION**

**MEET IRMA**  
YOUR COMPASS IN THE  
CHAOS OF BONE HEALTH

# HELLO, FRIENDS



I'm **Irma Jennings**, an Integrative Nutrition Health Coach, and I'm here to tell you something paramount:

It's **NOT** your fault!

Having navigated these choppy waters myself and having dedicated 13 years to guiding others through similar journeys, I've discovered secrets the world doesn't tell you about bone health.

I'm excited to share with you 6 necessary steps to bone health as I seek to:

- **enlighten you, inspire you, and advocate for you**
- give practical help to navigate this confusing terrain

I center my holistic approach on evidence-based solutions, systems, templates and strategies.

But my approach isn't just based on what's accepted, it digs deeper, ensuring that your unique body and its specific needs are placed at the forefront of any strategy we might build together.



# UNLOCKING THE SECRETS

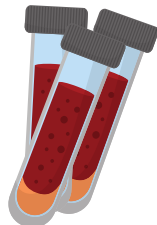
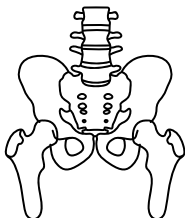
## YOUR ROADMAP TO HEALTHIER BONES

**Here's what your doctors might not mention.**

Achieving optimal bone health isn't just about consuming enough calcium and Vitamin D or practicing random exercises.

It's a systematic approach that requires meticulous understanding and strategic planning. Imagine having a GPS that expertly navigates through six key milestones.

### ROADMAP FOR BONE HEALTH





# STEP 1

## FINDING AN OSTEOPOROSIS DOCTOR:

One who isn't just a specialist but partners in your journey.

### Challenges:

Finding an expert partner who offers personalized, attentive advice can be challenging, as generic advice and dismissive attitudes are problematic.

### Why It's Important:

A knowledgeable, supportive osteoporosis doctor will have knowledge on blood work, bone markers and testing. Who correctly reads a DXA/TBS/FRAX report, and engages in next step discussions. And, if necessary, medications, ensuring a pathway that aligns with your individual health.

### Evidence & Cost of Inaction:

Neglecting this step may lead to misinterpreted scans, inappropriate treatments, and further bone deterioration. Statistics indicate that **one in three women\*** will suffer an osteoporosis-related fracture in their lifetime – don't let a dismissive specialist make you a statistic. \* International Osteoporosis Foundation

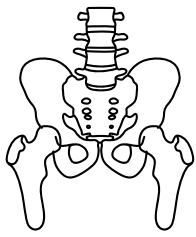


### Empowered Action:

Reclaim your right to be heard and understood by a specialist who honors your unique health narrative, potentially preventing debilitating fractures and ensuring a strategic, individualized treatment plan.

### 👉 How I Help:

Helping you locate an osteoporosis specialist tailored to your needs is my foremost priority. **I stand by your side**, whether it's for telehealth consultations or in-person visits, nationwide.



## STEP 2

### OBTAINING A PROPER DXA(BMD)/TBS:

Beyond understanding your bone density, it's figuring out what lies underneath and what it means for you.

#### **Challenges:**

Interpreting DXA scans and TBS results often involves navigating through complex medical terminologies and metrics. Proper placement is imperative for a proper DXA.

#### **Why It's Important:**

DXA is the gold standard in measuring bone density, while TBS (trabecular bone score) assesses bone quality – understanding both can illuminate the path forward in your bone health journey.

#### **Evidence & Cost of Inaction:**

Ignoring or misinterpreting these results can misguide your bone health strategies, potentially leading to inappropriate interventions and allowing further bone degeneration.

#### **Empowered Action:**

Becoming informed enables you to make educated decisions on interventions and lifestyle changes that can stabilize or improve bone health, reducing the risk of fracture or further degradation.

#### **👉 How I Help:**

I assist clients in locating the facility that supplies the proper DXA with TBS. See the correct placement below.

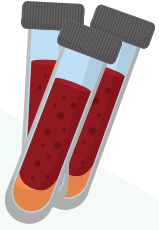


hips



spine





# STEP 3

## GETTING BONE MARKERS/ BLOOD WORK:

Navigating through crucial data that your blood work reveals.

### **Challenges:**

Routine blood work as well as bone turnover markers are often bypassed or undervalued.

### **Why It's Important:**

Understanding these markers can provide insights into the current state and future trajectory of your bone health.

### **Evidence & Cost of Inaction:**

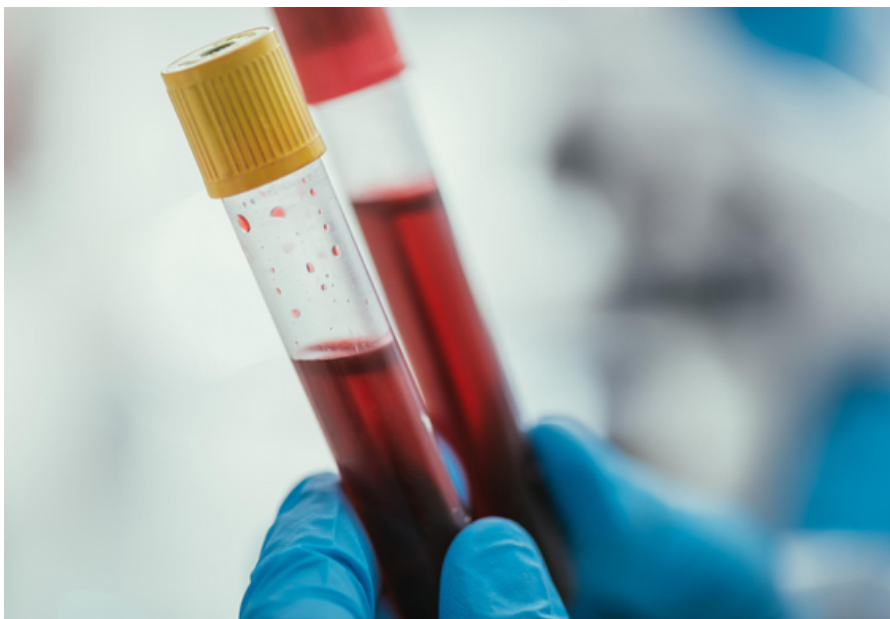
Ignoring blood work and bone markers can veil underlying issues, thereby allowing preventable bone loss to continue unabated, which could culminate in unexpected fractures or accelerated bone loss.

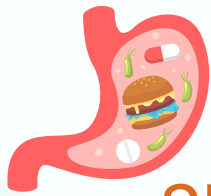
### **Empowered Action:**

Mastering these insights means tailoring your approach to target specific issues revealed, potentially slowing or halting degenerative processes.

### **How I Help:**

You will master the terminology and grasp the critical importance of these tests.





# STEP 4

## SUPPORTING GUT HEALTH:

Recognizing its crucial role in bone health and addressing often overlooked related issues.

**Challenges:** A myriad of issues, from:

- SIBO
- Bacterial Overgrowth
- H.Pylori
- Constipation
- Diarrhea
- Heartburn
- Food Sensitivities
- Sugar Cravings
- Unintentional Weight Loss

### **Why It's Important:**

A healthy gut optimizes nutrient absorption, crucial for nourishing your bones and supporting overall health.

### **Evidence & Cost of Inaction:**

Poor gut health can undermine bone-strengthening efforts, regardless of dietary adjustments. Persistent gut issues can perpetuate a cycle of inadequate nourishment for bones, intensifying the risk of osteoporosis.

### **Empowered Action:**

Addressing gut health can unlock enhanced nutrient absorption, fortifying your bones with the nutrients they require, and bolstering your overall well-being.

### **How I Help:**

I help locate a knowledgeable functional medicine practitioner specializing in gut health and comprehensive testing.







# STEP 5

## FEEDING & SUPPLEMENTING YOUR BONES:

Calcium-rich foods is one important step.

### **Challenges:**

Understanding the exact nutritional and supplementation needs for your bones amidst the flood of generic advice is a common struggle.

### **Why It's Important:**

Calcium and mineral-rich foods, coupled with the right supplements, fortifies bones, and may reduce the risk of fractures.

### **Evidence & Cost of Inaction:**

Ignoring personalized nutritional advice might lead to improper mineralization of bones. Proper calcium and Vitamin D supplementation can reduce hip fracture rates by up to 16%. \*

### **Empowered Action:**

Implementing a tailored nutritional and supplementation plan may decelerate bone loss, enhance bone density, and consequently, uplift your quality of life.

### **☞ How I Help:**

I share my vast knowledge of how to feed your bones and support you in your search for a functional registered dietitian.



\*JAMA Netw Open. 2019;2(12):e1917789. doi:10.1001/jamanetworkopen.2019.17789



# STEP 6

## EXERCISING FOR OSTEOPOROSIS:

### **Challenges:**

Understanding which exercises are safe and beneficial for osteoporosis versus those which might increase fracture risk is perplexing.

### **Why It's Important:**

Exercise, when done right, strengthens bones, improves balance, and reduces the risk of falls and fractures.

### **Evidence & Cost of Inaction:**

Ignoring exercise or engaging in inappropriate routines might expedite bone loss and heighten fracture risk. Proper exercise regimens have shown reduction in hip fractures among postmenopausal women.

### **Empowered Action:**

Involving yourself in a structured, osteoporosis-safe exercise regimen can reinforce your bones, enhance stability, and propel you towards a future where movement is a joy, not a risk.

### **☞ How I Help:**

I've worked with a number of osteoporosis exercise specialists that are part of my referral system.



# Navigating Your Journey to Restoration



The path to resilient bones may have challenges, but with expert guidance, you're never alone. Let your bones be pillars of support, not sources of fear. A balanced future is not just a dream but an achievable reality.

Don't wander aimlessly—travel with a seasoned guide.

Unlock a future where bones are allies, not adversaries.

**Book a call with Irma** and begin your journey to supportive bone health.





# YOUR PATH TO HEALTHIER BONES

Are you ready to take the steps needed to move forward with your bone health?

Bringing 20 years of experience as an integrative health coach, **13 years specializing in bone health**, and one who has kept her own bones strong, I feel uniquely equipped and honored to guide and empower you on this journey.



**Book your FREE  
30-minute discovery  
session today:**

**[https://calendly.com/  
your-bones/discovery](https://calendly.com/your-bones/discovery)**

During this time, I will learn  
about your needs, and you will  
learn about my services.

Your Navigator to Bone Health,  
**Irma Jennings, INHC**

As seen on:



THE  
HUFFINGTON  
POST



Natural Approaches to  
**Osteoporosis**  
& BONE HEALTH