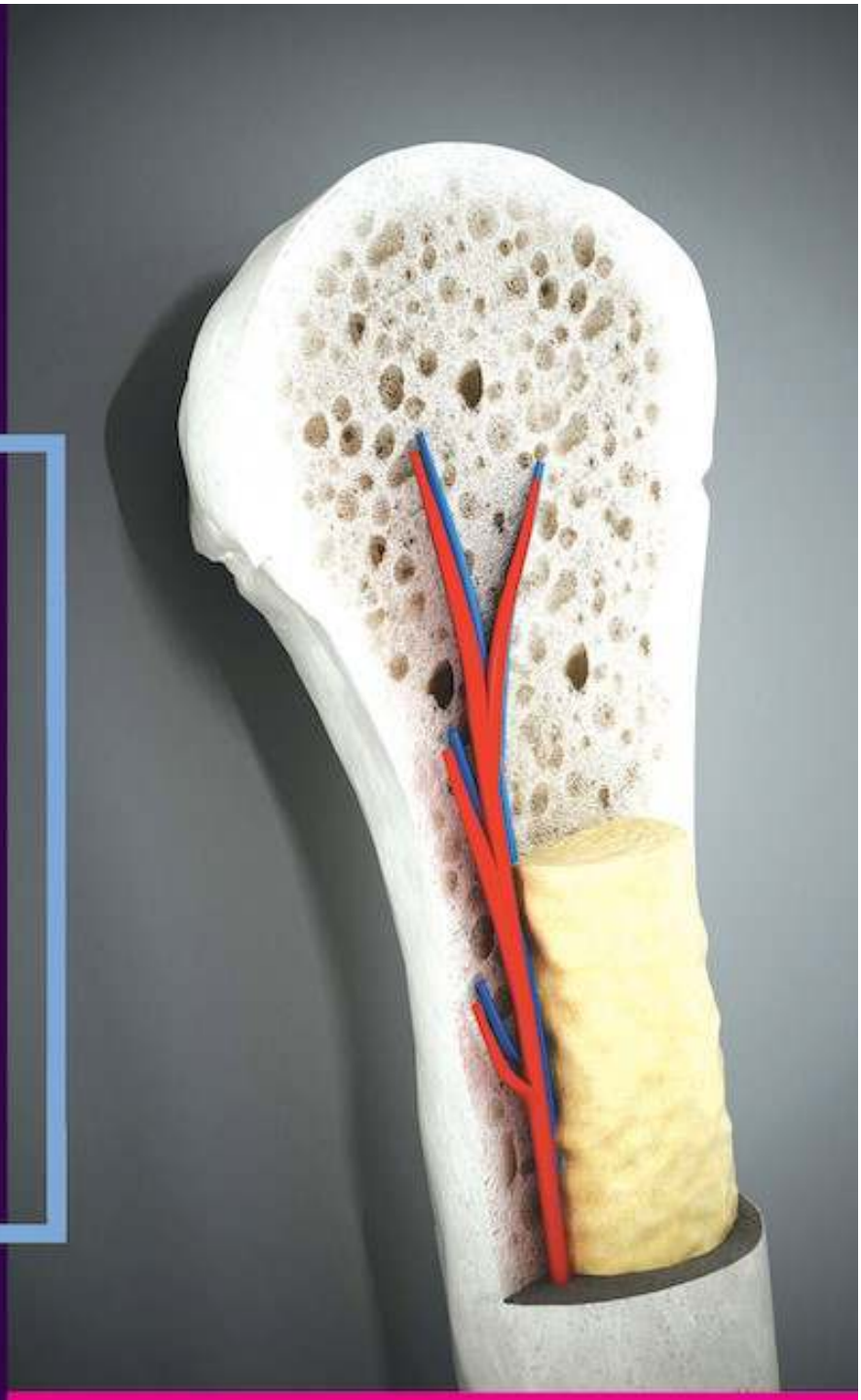
THE BONE DENSITY SOLUTION



Blue Heron Health News

By: Shelly Manning

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The Bone Density Solution eBook by Shelly Manning



The Bone Density Solution is a health guide written by Shelly Manning of Blue Heron Health News. The guide is marketed towards men and women who struggle with osteoporosis and are looking for a fast, easy, and effective solution.

It's estimated that 200 million people have osteoporosis worldwide. Nearly 1 in 3 women over the age of 50 will experience osteoporosis fractures in their lifetime.

Does The Bone Density Solution really help your osteoporosis? How does The Bone Density Solution work? Find out everything you need to know about this alternative treatment plan today in our review.

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What is The Bone Density Solution?

The Bone Density Solution claims to offer people a solution for sharing natural strategies and supplements they can take to reverse their osteoporosis.

One woman, Ruth, featured on The Bone Density Solution website, claims she no longer has osteoporosis after following the treatment plan. She considers her condition “a horrible – but distant – memory,” suggesting she has completely cured herself of osteoporosis after following the alternative treatment plan.

Obviously, you should be skeptical any time a health eBook claims to cure a serious medical condition, and you should never replace this information with medical advice from your doctor.

Let’s take a closer look at how The Bone Density Solution works.



How Does The Bone Density Solution Work?

The Bone Density Solution targets the root cause of osteoporosis.

Shelly, the creator of the program, is not a fan of doctor-recommended osteoporosis treatments. She claims that these treatments tackle the symptoms

of the condition – not the root cause. These treatments might temporarily relieve your suffering, but they won't provide permanent relief.

To **provide permanent relief from osteoporosis**, Shelly recommends two strategies:

1. Movement
2. Nutrition

Most doctors recommend similar strategies for osteoporosis. In fact, the most popular recommended treatments for osteoporosis include lightweight physical exercise and better diets. Doctors can tell you which exercises to perform and which foods to eat for maximum relief.

Shelly also recommends dieting and exercise to help with osteoporosis. However, instead of going to the gym, she recommends performing simple, functional movements at home.

Instead of exercising all day, for example, Shelly recommends incorporating movement into your schedule. Shelly claims this movement "toughens up bone every time," and anyone can perform these movements at home with no equipment or experience required.

Because Shelly focuses on movement instead of exercise, she claims her advice is more effective than doctor-recommended strategies:

"Some of the exercise advice given by medical professions is difficult to implement. I know that – I never managed to follow any of it."

Shelly also advises against following the dietary advice of your doctor, claiming that it's "too general" to work on most people:

"Quite a bit of the nutritional advice they give is wide of the mark, and, again, it's vague, too general, and hard to put into practice."

Instead, Shelly recommends her alternative movements and dietary strategies.

In **The Bone Density Solution**, you'll discover Shelly's recommended movements, ingredients, supplements, and strategies for treating osteoporosis. By implementing these strategies today, you can purportedly get quick relief from osteoporosis, targeting the disease's root cause while eliminating all symptoms.

What is Fuels Osteoporosis?

Shelly claims many doctors treat osteoporosis incorrectly because they fail to tackle the root causes of the condition.

As Shelly explains, "we aren't tackling what fuels the disease in the first place."

Shelly claims diet and lifestyle factors fuel the rise of osteoporosis, making it harder to recover even if you're following your doctor's medical advice.

Things that fuel osteoporosis, according to Shelly, include:

- Eating too many foods that cause bone loss
- Avoiding foods that promote bone formation
- Eating foods that imbalance your gut and make it unhealthy.

The human body is complex, and imbalance in one part of your body can lead to noticeable problems in another. Shelly takes a holistic approach to treating osteoporosis, targeting full-body health and wellness to provide significant benefits.

Inflammation and Osteoporosis

Shelly is also a big believer in the role inflammation plays in osteoporosis. Inflammation plays a crucial role in many diseases. Studies show that 800,000 people a year die from inflammatory disease. Millions more die around the world from conditions linked to inflammation.

Heart conditions, autoimmune disorders, joint conditions, allergies, liver conditions, and other conditions are all linked to inflammation.

Shelly also claims inflammation is linked with osteoporosis. People with inflammatory markers in their blood tend to have a higher risk of osteoporosis. These inflammatory markers tell your body to stop remodeling – or creating – new bone.

Shelly's strategies target inflammation, supporting healthy inflammation throughout your body and targeting the root cause of osteoporosis.

Osteoporosis and Gut Health

Shelly specifically targets inflammation in the gut, which she claims is linked with osteoporosis in many people. By **addressing inflammation in your stomach, you can purportedly manage osteoporosis**.

Here's how Shelly explains the connection:

"The key to preventing inflammation in the first place is to keep the gut healthy. A healthy gut is, literally, a healthy body and mind. Tackle gut health and everything changes – and it changes quickly."

The bacteria impact gut health. Many people take probiotics or fermented foods daily to support gut health. If your gut bacteria are imbalanced, then it can lead to inflammation and other noticeable effects.

Shelly's strategies support healthy levels of gut bacteria, making it easier to manage your osteoporosis.

Shelly's 14 Step Plan

Ultimately, Shelly's osteoporosis treatment plan boils down to 14 steps you can implement today.

These 14 small steps include diet and lifestyle tips anyone can follow at home. We can't reveal the 14 steps upfront without spoiling The Bone Density Solution. However, the steps include:

- Dietary strategies for managing osteoporosis, including foods to avoid and foods to eat more often
- What to eat to manage inflammation and bacteria in your gut, helping indirectly manage osteoporosis
- Simple movements to perform at home daily to increase your body's bone formation rate
- Practical diet, lifestyle, and exercise tips anyone can start using to manage osteoporosis

As mentioned above, Shelly believes her advice is superior to conventional medical advice. She claims her approach does "what years of doctor's treatments failed to do." By addressing osteoporosis's root cause instead of the condition's symptoms, Shelly claims anyone can eliminate the disease.

You can follow these 14 steps at whatever pace you like. Some people will implement all 14 measures immediately. Others will gradually implement these steps into their life.

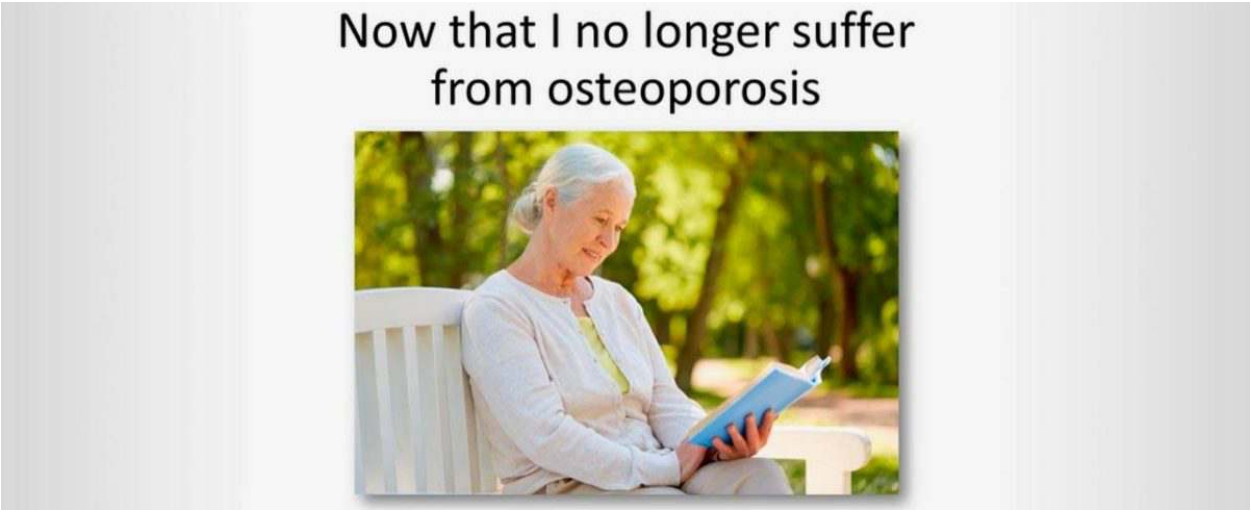
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What to Expect After Following the Bone Density Solution

The Bone Density Solution is marketed online with the story of Ruth, who claims she cured her osteoporosis completely after following Shelly's treatment program.

Ruth claims she had had osteoporosis for years. She followed her doctor's recommended treatment plan, but she still had severe symptoms of osteoporosis.

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Shortly after following Shelly's recommended osteoporosis treatment plan, Ruth claims she had noticeably stronger bones and other benefits:

"I had two bone density tests in the first couple of months after starting Shelly's program. I could see with my own eyes just how effective these bone-strengthening measures were."

Doctors use T-scores to measure bone density. T-scores are crucial for managing osteoporosis.

Before Ruth started The Bone Density Solution treatment plan, Ruth had a T-score of -2.9, which means she definitely had osteoporosis.

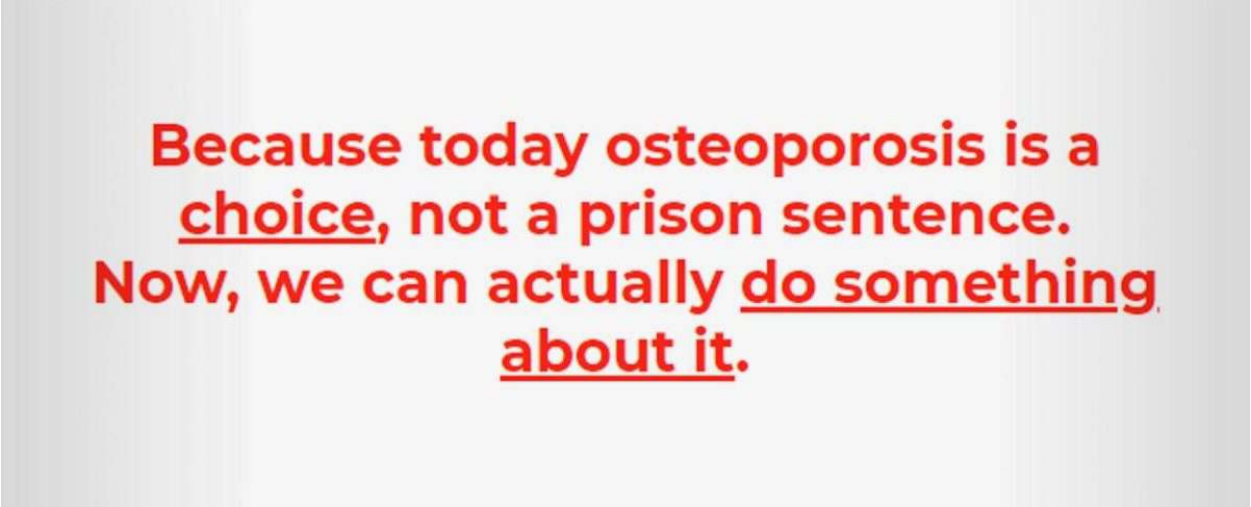
After just a few weeks of following Shelly's program, Ruth's second test was a -1.0.

Ruth claims her T-score continued to improve, rising to a +0.5, which means she has stronger bones than the average person does (a score of +1.0 indicates near-superhuman bone strength).

In other words, Ruth went from having a severe case of osteoporosis to having stronger bones than the average human has shortly after following Shelly's treatment plan.



Because of her stronger bones, Ruth claims she has "no risk" of fractures or breaks.



Based on Ruth's story and others, Shelly insists that osteoporosis is a choice – not a life sentence. Anyone can cure the condition if they choose to do so.

Scientific Evidence for The Bone Density Solution

Shelly claims she has helped reverse osteoporosis in "over a thousand delighted customers." Shelly insists that her method works on people of any age with any medical condition – including those with minor and severe osteoporosis cases.

If Shelly were genuinely able to cure osteoporosis, it would be a huge medical breakthrough. We would expect her to publish her findings in peer-reviewed journals and attend osteoporosis conferences to present her research.

However, Shelly does not cite any scientific evidence verifying her claims, nor has she published her research, shared evidence of the thousand patients she has cured, or provide other proof supporting her claims.

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Shelly, however, insists her solution works within not just weeks – but within minutes of following her first step:

"With Shelly's 'The Bone Density Solution,' the time can, in fact, be roughly 4 minutes from now. You can quite literally start saving your bone health in the next few minutes."

Can you really start treating your osteoporosis within minutes of opening The Bone Density Solution? Let's evaluate some of the scientific evidence behind this eBook.

There's indeed a connection between gut health and osteoporosis. A growing body of research shows that gut health and gut microbes influence bone density. In this 2020 study, researchers found that gut microbes "can increase bone mass and improve osteoporosis by inhibiting osteoclast proliferation and differentiation." Researchers cautioned, however, that the therapeutic effects of

gut microbes on osteoporosis remain to be proven. We know there's a connection – but we don't know if taking probiotic supplements can actually cure osteoporosis.

It's also true that inflammation is connected to osteoporosis. Doctors have known for decades that osteoporosis is linked with various endocrine, metabolic, and mechanical factors. However, new research suggests there's a connection between inflammation and osteoporosis. In this 2005 study, researchers found that people with osteoporosis have higher rates of pro-inflammatory cytokines. Researchers also found an activated immune system can lead to chronic inflammation that increases symptoms of osteoporosis.

What is about nutrition? Can the foods you eat really cause or cure osteoporosis? As WebMD explains, doctors recommend avoiding certain foods and eating more other foods to help manage your condition.

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Doctors recommend avoiding salt if you have osteoporosis, for example, because salt is bad for your bones. For every 2,300mg of sodium you take in, you lose about 40mg of calcium in your urine.

Doctors also recommend getting more calcium and vitamin D if you have osteoporosis. Both of these ingredients are crucial for bone formation. If you don't get enough calcium or vitamin D per day, your body doesn't have the ingredients needed to strengthen and grow your bones.

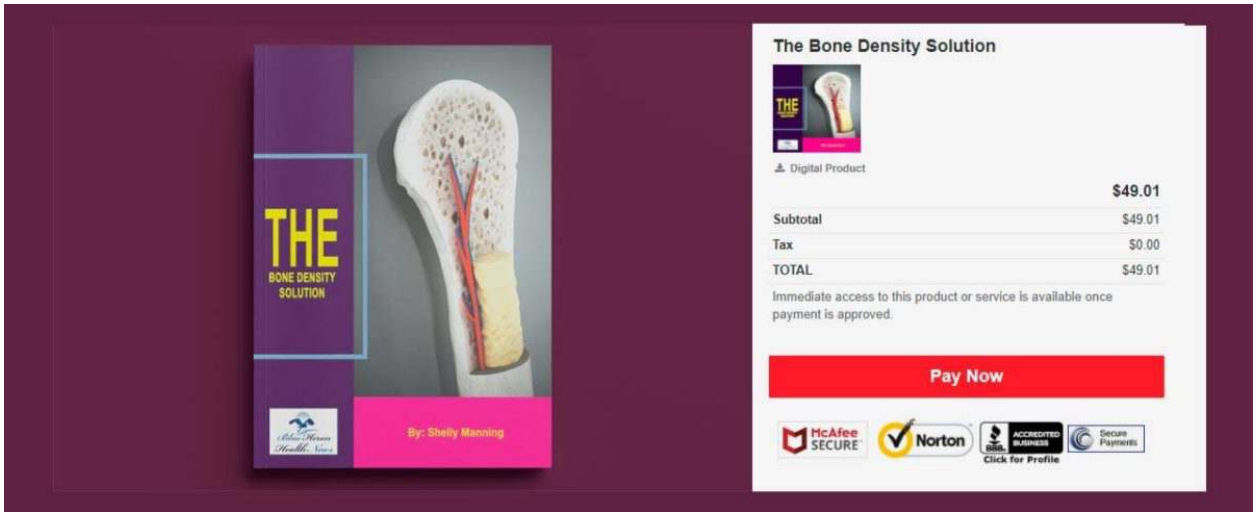
Meanwhile, this 2016 study analyzed thousands of people with osteoporosis to determine a connection between diet and osteoporosis. Researchers concluded that "dietary approaches can be an important strategy for the prevention of osteoporosis." Researchers found that people with a healthy and balanced diet

(rich in fruits, vegetables, vitamins, and minerals) were less likely to develop osteoporosis than people with inadequate diets.

Ultimately, there's no cure for osteoporosis – despite what Shelly Manning seems to suggest. Doctors recommend managing the condition with lifestyle changes (like movement and exercise) and dietary changes (like calcium and vitamin D). Shelly Manning recommends similar strategies in The Bone Density Solution, although she also recommends **targeting gut health and inflammation**, both of which are linked to osteoporosis.

The Bone Density Solution Pricing

The Bone Density Solution is priced at $49.01.



You buy the eBook online and receive instant access to the PDF version of the eBook. You will not receive a physical copy of the book: it's a completely digital purchase.

The Bone Density Solution Refund Policy

A 60-day money-back guarantee backs the Bone Density Solution.

If you don't significantly **improve your bone density scores and eliminate other symptoms of osteoporosis** within weeks, then you are entitled to a complete refund.

Here's how Blue Heron Health News describes the refund policy:

"Shelly guarantees her results. And you need those results. You can get them – starting right now."

To request a refund, contact the company within 60 days of your original purchase.

About Shelly Manning

Shelly Manning is a health researcher working for Blue Heron Health News.

Shelly claims her osteoporosis treatment plan has helped over a thousand patients manage the condition. Shelly does not claim to be a medical doctor, a naturopathic doctor, or a certified health specialist. She's just a normal woman who is passionate about alternative health strategies.

As far as we can tell, Shelly Manning and all other Blue Heron Health News authors do not exist: they're pseudonyms used to promote alternative cures online.

About Blue Heron Health News

Blue Heron Health News is a health and wellness blog. The blog publishes free posts and paid eBooks online.

The company promotes alternative treatments for various conditions, suggesting alternative strategies to help people manage all types of severe conditions. Popular eBooks from Blue Heron Health News include The Fibromyalgia

Solution, The Menopause Solution, Weight Loss Breeze, and The Parkinson's Protocol.

Final Word

Blue Heron Health News and Shelly Manning have published an alternative osteoporosis treatment plan called The Bone Density Solution.

According to customer testimonials shared online, **The Bone Density Solution can significantly improve T-scores**. One woman with osteoporosis claims she went from a -2.9 T-score to a +0.5. That woman claims she no longer experiences any symptoms of osteoporosis after following the treatment plan.

Although we're skeptical about The Bone Density Solution, the guide contains simple strategies anyone can implement to support their body's bone density. It won't cure osteoporosis, but it could support your body in various ways. Plus, the guide is backed by a 60-day refund policy, making it easy to request a complete refund if you're unsatisfied.



