

# RESTORE: The Three Bone-Building Principles You Can Use Right Away

Hi, Vivian Goldschmidt here, Medical Researcher with a Masters Degree in Nutritional Sciences and Biochemistry and founder of Save Our Bones.

And if you would like a drug free and natural way to reverse osteoporosis or osteopenia with absolutely no side effects or hard work.

This may be the most exciting presentation you'll watch.

In this video I am going to reveal the 3 bone-building principles you need to know to naturally increase your bone density and to finally have strong and healthy bones.

These 3 principles are so powerful that they work no matter how old you are, no matter how bad your last bone density results were, and even if you've taken prescription drugs for many years.

And the best part is that once you understand the principles, you can immediately put them into action and start rebuilding your bone density right away and live without the fear of fractures.

Now let me tell you a little about this video.

What I'm about to share with you has never been compiled and revealed all at once before, so many in the medical establishment may not be happy about this.

I urge you to watch this video now and not push it off for another time.

Also, this is not a sales pitch about a new miracle herb or expensive pills... Actually, the 3 osteoporosis principles are all backed by scientific studies.

Now you may be wondering how is it possible that you've never heard of this breakthrough way to reverse osteoporosis without drugs?

Wouldn't this be breaking news?

Well, the problem is that most in the medical establishment and mainstream media have been turning a blind eye to these findings and burying them in favor of new osteoporosis drugs.

Yet the research is overwhelmingly clear.  
So what are these 3 natural bone-building principles?

## It's RESTORE

Let me explain. RESTORE stands for:

✓Number 1: **R**ethink your bone health.

✓Number 2: **S**top the bone thieves.

✓Number 3: **R**ebuild your bones.

The principles are simple diet, lifestyle, and exercise actions.

And don't worry, they are easy to understand and follow. I'll go over each of them in depth in just a moment.

So what can you expect when you follow these 3 principles?

You can expect to increase your bone density and reverse osteoporosis from the moment you get started.

You'll also have more energy and feel better overall, and lose many of the aches and pains you may be suffering from.

And let me tell you: these results are typical. And if you watch this video in its entirety and follow what I show you, you will undoubtedly improve your bone health.

Chances are I know exactly what you're going through because I and thousands of women and men in our community have been there too.

You want to increase your bone density naturally, but you don't know where to begin.

You may be frustrated because you think you are doing everything right, but you are still feeling unsure and your bones are not getting stronger.

You are sick and tired of the confusing and contradictory information out there, and it's just too time-consuming to make sense of it all.

You also don't want to lose your independence and mobility or develop an unsightly dowager's hump, nor live with pain and fear.

And expensive osteoporosis pills and equipment? Those are out of the question. Is this how you feel? Trust me...

## You're Not Alone

In the summer of 2004, soon after I turned 50, I was diagnosed with osteoporosis and prescribed Fosamax.

I remember holding back tears and thinking "Am I sick? How fragile am I?"

But I, much like you, am a truth-seeker.

Thanks to my Masters in Nutritional Sciences and my background in Biochemistry I developed the 3 Natural Bone-Building Principles, followed them, and within one year got rid of osteoporosis.

Here's my before and after bone scan showing my 20% bone density score improvement.



That's my personal story in a nutshell, and I could go on, but I have to get to the information I promised you.

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OK, here we go...

The first principle:

## 1. RESTORE: Rethink Your Bone Health

This principle is crucial, as it paves the way to your bone health success.

I know what you're thinking.

This sounds esoteric and philosophical, but you'll never be able to reverse osteoporosis unless you understand what it really is.

And here's the big secret:

**Osteoporosis is not a disease.**

To understand this, let's go over the lost history of osteoporosis.

It used to be that someone had to actually fracture a bone as a result of minimum impact to be diagnosed with osteoporosis.

But in 1994 something interesting happened. Osteoporosis was transformed from a disease of fractures to a disease of fracture risk.

And who stood to benefit from this?

And who stood to benefit from this?

Let's just say that overnight, the big pharmaceutical companies had millions of new potential customers.

So now that you know the forgotten history of osteoporosis, it becomes easy to disown your so-called disease.

Contrary to what the medical establishment would like you to think, you are not sick, you are not disease-ridden.

In fact, your bones renew themselves constantly, so you are not stuck with the bones you have.

Your bone health is under your control, and when you take the right steps, you can stop bone loss on its tracks and start rebuilding strong and healthy bones.

This takes us to the second principle:

## **2. RESTORE: Stop The Bone Thieves**

It's not your fault, but right now, you have bone thieves in your body.

These are your number one enemies, and range from bone stealing foods and drinks, to dangerous osteoporosis drugs that are literally starving and drying up your bones.

These drugs are Actonel, Boniva, Fosamax, Reclast, Forteo, Evista, Strontium Ranelate (Protelos), Miacalcin, Fortical, Prolia, and all their generic counterparts.

And they all have one thing in common:

They do more harm than good.

Here's why:

From bisphosphonates that alter normal bone metabolism to injectables that meddle with your delicate hormonal balance

These drugs can cause a slew of terrible side effects.

For example: muscle and joint aches, nausea, heartburn, atrial fibrillation, chest pains, skin rashes, blurred vision, decreased joint mobility, irritability and unusual thoughts and behaviors...

Rotting jaw bone, feeling lethargic, constipation, runny nose, headaches, hair loss, increased sweating, skin and bladder infections, depression, and more.

So what's the end result of taking these drugs, besides suffering from the side effects?

Thick and dried-up bones that are actually more prone to fracture.

Picture this: what would be easier to break, a dried-up dense tree branch or a fresh and flexible branch. The answer is obvious.

Now let's identify other bone thieves, and let me warn you, this might really surprise you.

The average person with osteoporosis actually focuses on the wrong thing.

They are more concerned about which drug and supplement they need to take, but fail to realize that what they are eating and drinking on a daily basis may be sabotaging their bone health.

Once I figured out that I simply needed to limit my intake of certain foods, regaining my bone health became a lot easier.

Everyday foods and drinks like milk, soda, bread, meat, and other foods actually cause you to lose calcium from your bones.

But don't worry; you don't have to completely give up these foods.

And yes, you heard right.

Milk is a brutal bone thief.

I almost can't believe that in this day and age doctors are still recommending milk as a bone builder. This is a huge misconception and a big lie.

Do you want to know the truth?

Milk has an acidifying effect on your body.

Let me explain. Everything we put into our body gets processed and alters its acid/alkaline balance. And like everything in nature, the body tries to correct the imbalance.

So because milk has an acidifying effect, your body automatically pulls calcium out of your bones to neutralize the acid attack.

Why calcium?

Because it is a potent neutralizer. That's why the main ingredient in some antacids is calcium.

Think of milk entering the body like a raging forest fire and your body's natural processes is the team of brave firefighters.

So your body jumps into action and uses calcium to put out the acidic attack.

And even though milk contains 300 mg of calcium in one cup, unfortunately, the net result is a calcium deficit in your bones.

So which are the bone-thieving foods?

They are animal proteins, milk, most grains and anything with synthetic chemicals such as artificial sweeteners, high fructose corn syrup, synthetic preservatives, artificial flavors and colors.

But don't worry; you won't have to give up any of your favorite foods.

You just have to eat them in the proper balance with other bone- building foods and combine them properly.

Sounds complicated?

It's really not, and I'll show you exactly how to do it.

And that brings us to the third RESTORE principle:

### 3. RESTORE: Rebuild Your Bones

Let us get into a topic that's not food related but I know it's probably on your mind:

#### **Supplements.**

And here's another area where the medical establishment badly misses the mark. Calcium and Vitamin D alone will not build your bones.

Your bones need other supplements that work synergistically to give you the bone density improvement you are looking for.

Just taking calcium and vitamin D alone and expecting a bone density increase is like baking a loaf of bread without the yeast and hoping it will rise.

And in an ideal world, it would not be necessary to take supplements. But because the soil is depleted of valuable nutrients, our foods today are much lower in vitamins and minerals than in the past.

Let me tell you that I never advocate hard-to-find herbal supplements.

In fact, it drives me crazy when a health guru comes out with the newest and latest exotic herbal supplements.

You simply don't need them. What you need are the basics:

#### **The Foundation Supplements.**

Ready?

They are:

- ✓Calcium
- ✓Magnesium
- ✓Zinc
- ✓Boron
- ✓Copper
- ✓Manganese
- ✓Silicon
- ✓Vitamin D
- ✓Vitamin K
- ✓Vitamin B Complex
- ✓Vitamin C
- ✓Coenzyme Q10
- ✓Fish Oil

And in most cases you can find a supplement that contains most of them in one pill. How easy is that?

But it gets even easier, and not to mention more delicious, because many of the Foundation Supplements that are essential to increasing your bone density are present in many common foods.

These foods accelerate your bone density increase. I call them **Foundation Foods**, and they contain the essential nutrients you need for healthy bones.

- ✓Yogurt
- ✓Cabbage
- ✓Broccoli
- ✓Spinach
- ✓Lima Beans
- ✓Collard Greens
- ✓Sesame Seeds
- ✓Almonds

Those are foods with the highest natural forms of calcium. So you're going to want to include them in your meals as much as possible.

Here's more:

- ✓Avocados
- ✓Carrots
- ✓Honey
- ✓Oranges
- ✓Bananas
- ✓Peanut Butter
- ✓Chick Peas
- ✓Onions
- ✓Raisins
- ✓Grapes
- ✓Peaches
- ✓Kidney Beans
- ✓Cashews

They contain high levels of boron.

And remember how I said you don't have to eliminate all the acidifying foods?

- ✓Beef
- ✓Turkey
- ✓Tuna



## ✓Eggs

They're great sources of vitamin B complex, and you can enjoy them while you are building your bones.

Think about how these small changes add up.

As I mentioned earlier, you first have to limit your intake of the drugs, foods, drinks and chemicals that are causing you to lose bone density.

And then increase your intake of Foundation Supplements and Foundation Foods that lead to accelerated bone density increases.

But here's the thing: it's not just the foods you eat and avoid. It's about knowing how to properly combine them.

That's when you take your bone- building to a whole new level.

Here's an example of a perfectly balanced dinner.

You start with a mouth watering tomato soup followed by a fresh cucumber, tomato, and onion salad with vinaigrette, and a satisfying pasta Primavera for the main course.

You can even top it off with a slice of apple crumb tart.

This meal is perfectly balanced and contains no less than 11 of the Foundation Foods.

And don't worry; it's really easy to know how to balance foods.

I'll give you a simple list with even simpler instructions to balance your food properly.

And now I have to tell you about the importance of exercising for your bones.

You should consider a realistic exercise plan that includes weight- bearing activities such as walking or jogging, or make time for simple exercises you can do at home.

The pressure of muscle over your bones causes a bone density increase. This is called Wolff's law of bone formation.

OK, now I hope that you are not feeling confused and overwhelmed.

This is a lot of information to absorb all at once. And it may seem daunting to put it all together in a way that's going to work specifically for you.

Especially, if you want it to work in an easy and practical way.

Unfortunately I've seen this happen to too many people.

They get access to some of the best information around, yet when it comes to actually applying it in their own lives; they don't know where to begin.

What good is all this information if you can't easily apply it?

So I've come up with a solution to this predicament.

It's called the:

## **Save Our Bones Program**

It is filled with simple yet breakthrough nutritional, exercise, and lifestyle solutions; I tell you exactly which bone- thieving foods and chemicals to limit.

Exactly which Foundation Foods you should eat, how to combine foods so you avoid being out of balance...

The exact amount of Foundation Supplements, and the most effective 10 minute exercises for your bones.

Could you picture how that would help you make the best use of all this information?

Would it make your bone building journey a lot easier?

Take a look at this chart:

<b>ALKALIZING FRUITS</b>	<b>ACIDIFYING FRUITS</b>
Apple	Blueberries
Apricot	Canned or Glazed Fruits
Avocado	Cranberries
Banana	Plums
Berries	Prunes
Blackberries	

Cantaloupe	
Cherries	
Coconut	
Grapes	

The foods on the right are the ones you need to limit. The ones on the left are foods that you can indulge in. This is only one example from one category of foods.

So let me tell you what the Save Our Bones Program is not.

It's not an osteoporosis diet that's going to take over your life. This program is not an all or nothing approach and perfection is not the goal.

Also, it doesn't require you to waste your money on expensive supplements or any other hard to find supplies.

That's what the Save Our Bones Program is not.

So what is it?

It's a set of practical solutions that are so easy to follow that you can get started right away.

And even if you implement only a handful of what's in the program, you're on your way to increasing your bone density and living without the fear of fractures and of losing your mobility and lifestyle.

The program takes you by the hand and answers all your questions every step of the way so you know exactly what you need to do to naturally reverse osteoporosis.

Plus, the Save Our Bones Program is doctor approved.



Here's what the late Dr. Robert B. Salter, a world renowned Orthopedic Surgeon had to say about the program:

*"Having read the excellent program entitled, The Save Our Bones Program by Vivian Goldschmidt MA, I am pleased to recommend it as essential reading for all persons involved with preventing and treating osteoporosis."*

**-Dr. Robert B. Salter, MD, CC, OOnt, FRSC, FRCSC, FACS, Canada**

And here's exactly what you get with the Save Our Bones Program:

## **The Save Our Bones Program Manual**

It is filled with breakthrough yet simple to understand nutritional, exercise and lifestyle information that shows you exactly what to do.

And it's backed by over 100 scientific sources in the Bibliography. Each chapter ends with a 'What This Means to You', 'Let's Summarize' and 'Action!' section that remove all the guesswork.

This is the complete fully detailed manual with over 150 pages of all the information with large and easy to read type, containing all the charts, all the lists, and all the answers to your questions.

## **The Save Our Bones Program Glossary**

Printed and bound with the manual, inside you'll find over 170 osteoporosis terms with easy to understand definitions.

It is a great refresher for you that explains key osteoporosis terminology and is sure to become your osteoporosis dictionary.

## **The Bonus Save Our Bones Program Recipe Sampler**

Life is complicated enough so you don't have to worry about your bone-healthy menu. Let the Recipe Sampler give you a helping hand with menu ideas.

The Save Our Bones Program Recipe Sampler is also printed and bound to the manual, and it includes delicious and easy to prepare bone-healthy recipes that follow the program guidelines.

From quick breakfast delights to sit-down breakfast staples, soups, sandwiches, and entrees, these aren't your typical recipes. All the mouth-watering meals are perfectly balanced for your optimal bone health.

And now, because you are watching this video I'd like to include even more free special bonuses for you.

So with the program you'll also get instant access to these digital bonuses:

## **The Missing Link**

In it you'll discover how water can make or break your bone health. I was stunned to discover that mainstream medicine doesn't address this important issue.

## **Doctor Dialogues**

Wouldn't it be great to not hesitate to tell your doctor, your friends, and loved ones that you are following a natural bone health program? In this book I reveal simple communication techniques so that you won't have to.

You are also going to get supplemental guides to support you on your natural bone health journey.

## **The Save Our Bones Quick Start Guide**

I would like you to get started as soon as possible. The Quick Start Guide shows you how to use the program effectively and in the proper order, so you can get the maximum benefit from it.

Think of it as the road map to your bone health success.

## **The Save Our Bones Foundation Supplement Checklist**

This is great to take with you to the health food store or when you do your online shopping. It lists all the supplements you need and the exact amounts to take daily.

## **The Save Our Bones Foundation Foods Checklist**

Take it with you to the grocery store or place it on your fridge to remind yourself of nature's bone building bounty.

It's your bone health shopping list, and I promise you that the Foundation Foods are not expensive or hard to find. You might already have them in your kitchen.

## **The Save Our Bones Cheat Sheets**

This is the Save Our Bones Program at a glance. It's a great go-to guide when you want a chapter by chapter refresher.

## **The Save Our Bones Action Sheets**

This is your bone health to-do list, and it's all laid out for you.

## The Save Our Bones Success Sheets

This is a handy food chart that shows you exactly how to combine foods so you stay in balance.

## The Save Our Bones Weekly Progress Tracking Tool

You don't have to use it, but so many in our community have told me how helpful it was for them when they got started on the program.

It makes it easy to record your progress in a user-friendly journal.

Think of it as your own personal bone health report card.

You get all this as part of the Save Our Bones Program Power Package, our most popular package.



And if you would purchase each item separately, the total retail value would be \$239.70.

Save Our Bones Program Manual	<b>\$79.95</b>
Save Our Bones Program Recipe Sampler	<b>\$19.95</b>
Save Our Bones Program Glossary	<b>\$19.95</b>
The Missing Link	<b>\$29.95</b>
Doctor Dialogues	<b>\$29.95</b>
Save Our Bones Program Supplemental Guides	<b>\$59.95</b>
<b>Total Retail Value</b>	<b>\$239.70</b>

**But it's not.**

The Save Our Bones Program Power Package retails for \$199.

But today, you won't pay \$199.

You won't even pay \$149.

You won't even pay \$149 In fact, not even \$99.

By now you realize that I'm giving you huge value and the package contains everything you need to stop worrying about your bone health.

So to make it as affordable as possible, you can now get the entire Save Our Bones Program Power Package for only...

**UNADVERTISED COUPON**  
*- Valid Today -*

saveour**BONES**

~~\$199~~

**\$67**  
**SALE PRICE**

Click the 'Add To Cart' button below now.

## [Add to Cart](#)

This is your opportunity to revolutionize your bone health and to get the results you've been looking for only \$67.

Imagine getting your hands on a Doctor-Approved program and having everything you need to get started at your fingertips...

And following the simple step-by- step instructions that thousands in our community have used to increase your bone density from day one.

And remember, implementing only a handful of the information in the program will do wonders for your bone health.

I can't tell you how many in the Save Our Bones Community have reported that the Save Our Bones Program has changed their life.



I know it may sound like an exaggeration, but it's truly not. You will experience a giant leap forward in your bone health that will undoubtedly improve every moment of your life.

So to take advantage of this limited sale, click the 'Add to Cart' link below or visit: <http://saveourbones.com/order/>.

## Add to Cart

You will get instant access to the digital portion of the program and your Save Our Bones Program Manual will be shipped to you within 72 hours.

The Save Our Bones Program is not available in stores, and is offered exclusively on this website.

Now I don't want you to feel as though you are taking a risk when you order the program, so here's what I'm going to do.

I am so confident that the Save Our Bones Program is your answer to osteoporosis that I am eliminating 100% of the risk with an unconditional unheard-of 365 days money back guarantee.



***365 Day Guarantee***

If you are not completely satisfied with the program, please send it back for a full refund; no questions asked.

And you have one full year to decide. If you do send it back, I won't take it personally, and you'll remain a valuable part of the Save Our Bones Community.

*Vivian Goldschmidt*  
Vivian Goldschmidt, MA



In essence, for the cost of a dinner for two you can finally invest in yourself.

Not to mention the savings when compared to ongoing monthly drug costs, even if you have insurance.

You see, the Save Our Bones Program contains knowledge that stays with you for the rest of your life. Nobody can take that away from you.

And remember, you can read the program and have one full year to decide if you want to keep it.

So click the 'Add to Cart' link below or visit: <http://saveourbones.com/order/> and start building your bones naturally.

## [Add to Cart](#)

And from the over 50,000 people in 41 countries that have the Save Our Bones Program, here's what a handful of them have to say.

*"I have managed to not only maintain but to actually increase my bone density in the spine by following your Save our Bones Program!"*

*Thank you for all your research and a great program Vivian. I am most grateful to you."*

### **- Caroline**

*"I can't thank you enough for your fantastic program. Three years ago I was diagnosed with Osteopenia, two years ago with Osteoporosis with a T score of -2.6, last year I had a T score of -2.7. After following your plan for just over a year now, I received my latest results today and I now have Osteopenia Primary Level! I am so happy I could cry! Next year I feel sure I will no longer have either and will continue with your program forever, thank you."*

### **- Lorraine**

*"I'm a middle-aged male that was diagnosed with osteoporosis. My latest scan shows that I reversed it without the use of dangerous Rx drugs. All I did was follow Vivian's recommendations."*

### **- Robert, San Francisco, California**

*"When I visited my new internist last week and told him about my 8.8% increase in bone density, he said it was incredible. I am ecstatic. Your book is amazing and I share it with everyone who will allow your research to trickle in. So many are skeptical! Thank you for your good common sense research, and thank you for sharing it with all of us!"*

**- Marce Welch, Houston, Texas**

*“Dear Vivian, I have been off Boniva for close to 4 months. I can't tell you how wonderful I feel. No more gastric problems and a general malaise that I couldn't put my finger on. Only now that I am off Boniva that I realize that the meds were the problem. I owe it all to you Vivian, because if I hadn't found your website I would have continued to be intimidated by the blatant lies of my doctor! I have your book and I am so encouraged that I can take care of my health in a natural way. Thank you again Vivian.”*

**- Gerri**

These are just a few of the hundreds of success stories I've received from people of all ages, from all around the world.

And now, here are some and answers you may be interested in:

## **Commonly Asked Questions**

**Q: Will the Save Our Bones Program work, even if I've taken osteoporosis drugs for many years?**

A: Absolutely! Thanks to the RESTORE principle, you will reverse the damage done to your bones and restore them to their optimal healthy state.

And don't worry about the drugs that may have attached themselves to your bones.

Studies have shown that once your bones start to rebuild themselves normally, the drug is rendered inactive.

**Q: Am I too old to start the Save Our Bones Program?**

A: Not at all. Age is not a factor. You will be applying scientifically proven bone health protocols that have been buried by the establishment.

No matter your age, your bone metabolism and crucial bone cells will normalize.

**Q: Will I need to buy costly equipment, expensive supplements, or any other hard to find products?**

A: That is not the case. When you follow the Save Our Bones Program you will activate your body's natural ability to heal itself. There's no need for exotic herbs or any difficult to find products.

You've already made it all the way to this part of the presentation, so I know that you are committed to your bone health. But ultimately, it's your choice.

How much is your bone health worth to you? Will you continue doing what you've done until now?

Will you continue doing what you've done until now? Or will you start building strong and healthy bones naturally?

Might you continue taking dangerous drugs and fear their side effects?

Might you continue taking dangerous drugs and fear their side effects?

Or are you going to let nature rebuild your bones?

Will you continue to live with the fear of falling and breaking a bone, or developing an unsightly dowager's hump, or losing your independence and mobility?

Put those fears to rest.

You will live a happy life and have the peace of mind that you deserve by knowing that your bones are strong and resilient.

The Save Our Bones Program insures that you will not be yet another victim of the medical establishment and the big pharmaceutical companies.

And when you think about it, the Save Our Bones Program is a small investment compared to the agony of enduring a fractured bone.

So click the 'Add to Cart' link below and you'll get instant access to the digital portion of the program and your Save Our Bones Program Manual will be shipped to you within 72 hours.

**[Add to Cart](#)**

or visit: <http://saveourbones.com/order/>

I can't wait to hear your success story soon.



Vivian Goldschmidt, MA  
Founder of Save Our Bones  
Creator of the [Save Our Bones Program](#)