

# STRONGER BONES

VOLUME 5 / ISSUE 4

**Can Your  
Thoughts Affect  
Bone Health?**

**Dr. Scheinbaum Says  
“Yes!”** on page 18

She Was

**Afraid of Sitting**

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New Holiday  
Tradition**

with this **Festive Family  
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AlgaeCal®

# You're Proving Them Wrong

Here's a thought: in a world drowning in health advice, why does rejecting it work so well?

For decades, we've been told that bone loss is just part of getting older. That there's nothing you can do about it. Once your bone density starts to slip, it's all downhill from there.

**But you didn't accept that.** You started doing things differently. You added new nutrients to your diet. You moved your body. And **you took control of your health.**

And now, with every passing month, you're proving what the research has been saying all along: bone loss isn't inevitable. Another thing we're told to accept? That stress is just part of Christmas. That overwhelm, guilt, and the little voice in your head saying you haven't done enough...it's all just "normal." But this year, we're challenging that, too.

In this issue of Stronger Bones, we're diving into something most health magazines don't talk about: self-talk. You'll learn how your internal dialogue affects your levels of cortisol, the stress hormone linked to bone loss. And how small mindset shifts can have big health impacts. Especially during the most "wonderful" (and emotionally demanding) time of year.

Because, after all, health isn't just physical. It's emotional, too. And at AlgaeCal, we're here to support every part of you. So take a breath. Celebrate how far you've come. And enjoy this holiday season. And remember, we're always here for you, just a call away at **1-855-519-8540** (USA/Canada). Because in the end, it's your success, your joy, and your life that matter most to us.

With love and gratitude,



**Dean Neuls** | CEO & Co-Founder  
AlgaeCal Inc.





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## How to Scan the QR Codes in This Magazine

Simply open your phone’s camera, point it at any QR code in this magazine, and tap the link that pops up. You’ll get instant access to extra bone-building content and more—right at your fingertips!



# The Cortisol Christmas Trap

Turns out, the secret to a calmer Christmas isn't fewer plans. It's calming the part of your brain that panics.



## Dean Neuls

CEO & Co-Founder  
AlgaeCal Inc.

It starts small. An extra gift to wrap. A dish that didn't turn out right. A stressful family gathering. By December 20th, your nervous system feels frayed.

You tell yourself you're just tired. *You are*. But it's more than that. You're also stressed. This isn't a weakness. It's biology. You're experiencing what researchers now understand as a cortisol-driven state. The physiological pattern your brain and body fall into under chronic stress. And unfortunately, the holidays are an almost perfect environment for triggering it.

## The Most Magical Stressful Time of the Year

We don't talk about it often. But for many people, Christmas isn't the most wonderful time of the year. It's the most overwhelming.

The pressure to be joyful. The expectation to make it "special." The subtle emotional weight of family dynamics, financial strain, unresolved grief, or just trying to hold it all together with a smile.

Even when things go well, there's the constant background buzz of overstimulation: Too much sugar. Too much noise. Too many decisions packed into too few days.

We like to think that if we just planned better, or took a few things off our plates, we'd finally feel calm. But in reality, the body's stress response doesn't care about your planner. **That's because stress doesn't only come from what you're doing. It comes from how your brain interprets what you're doing.** And that starts deep inside your

### Sources

1. Auddy, Biswajit & Hazra, Jayram & Mitra, Achintya & Abedon, Bruce & Ghosal, Shibnath. (2008). A Standardized Withania Somnifera Extract Significantly Reduces Stress-Related Parameters in Chronically Stressed Humans: A Double-Blind, Randomized, Placebo-Controlled Study. Journal of American Nutraceutical Association. 11. 50-56.
2. ibid

nervous system. Specifically, in something called the HPA axis (short for hypothalamic-pituitary-adrenal).

When this system perceives a threat: physical, emotional, social, or even just “too much at once,” it kicks off a cascade that ends with a very familiar hormone: **cortisol**.

It’s commonly thought that cortisol is bad. But it isn’t. In fact, it’s essential in short bursts. It helps you jump out of the way of a speeding car. Stay sharp during a crisis. And push through when you’re tired.

However, when cortisol stays high and your HPA axis stays stuck in the “on” position... that’s when the trouble starts. Your mind races. Your sleep suffers. Your body never quite exhales. And ironically, this is exactly what makes “slowing down” so hard: the chemical cocktail in your brain won’t let you.

## An Ancient Solution to a Modern Problem

Long before burnout had a name, or inboxes, deadlines, and smartphones made it a way of life, Ayurvedic healers in India were prescribing ashwagandha.

Ashwagandha belongs to a class of plants known as adaptogens. These are natural compounds that help the body adapt to stress. And while the wellness industry has embraced the term with zeal, separating folklore from fact isn’t always easy. That’s what makes the recent wave of clinical research so interesting.

Over the past two decades, scientists have begun studying standardized extracts of ashwagandha under the same scrutiny once reserved for pharmaceuticals. Among them is Sensoril®, a patented extract developed by the Kerry Group in Ireland.

And the results are promising. According to Dr. Laura Collins, a PhD in immunology and Director of Research and Development at Kerry, the extract appears to work by influencing the HPA axis; the same network of glands and hormones that controls our stress response.

“When the HPA axis is under pressure, cortisol levels rise,” she explains. “Over time, that constant activation can keep the body in a state of high alert.

**“What we’ve observed with ashwagandha is a measurable reduction in cortisol, alongside improvements in mood, sleep, and perceived stress.”<sup>1</sup>**

And it’s not just anecdotal! Sensoril®’s formulation has been tested in more than 15 randomized, double-blind, placebo-controlled trials, involving over 700 participants—a level of evidence unusual for a botanical.

And while each study varies slightly in design, the trend is consistent: participants taking ashwagandha report feeling calmer, sleeping better, and coping more effectively with everyday stress.

The best part? The mechanism isn’t sedative. It’s restorative. Rather than forcing the body into stillness, ashwagandha seems to help it remember how to return there naturally.

For researchers, that distinction matters. It suggests that calm isn’t just a mindset; it’s a physiological state that can be supported.

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As Dr. Collins puts it: “Sensoril® helps modulate the HPA axis, the same neuroendocrine system that governs your cortisol response. In clinical studies, it’s been shown to significantly reduce cortisol, improve sleep, and help people feel calmer, faster.” And when she says “faster,” she really means it...

## **People Felt Better in Just Two Weeks**

In the Sensoril® studies, participants didn’t have to wait months to notice a change. By the two-week mark, measurable improvements were already underway.

Average cortisol levels dropped by 24%, signaling that the body’s stress response was finally easing. Markers of inflammation, a byproduct of chronic stress, fell by 36%. And participants reported a 62% reduction in perceived stress symptoms, from racing thoughts to irritability to that constant sense of being “on.”<sup>2</sup>

**Which proves that calm is chemistry and given the right support, that chemistry can begin to shift in as little as two weeks.\*†**

## **A Calmer Christmas, From The Inside Out**

For most of us, calm doesn’t come from canceling plans or lowering expectations. It comes from restoring balance to the systems that keep us grounded—the brain,

the hormones, the heartbeat that steadies when the world gets loud.

That’s why **AlgaeCal Magnesium Relax™**, includes a full clinical dose of Sensoril® Ashwagandha, the same clinically studied extract shown to be so effective at helping people manage the symptoms of stress. Because you don’t have to change your circumstances! Sometimes, you can’t.

**You just have to nourish your nervous system with the nutrients it needs to power down and truly rest.**

And perhaps that, in the end, is the most meaningful gift we can give ourselves: not the absence of noise, but the presence of peace.

\*These statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

†Results consistent with Clinical Trials, results may vary.

# Calmer Days. Better Nights.

- ✓ Feel 62% less stressed in just 60 days<sup>†</sup>
- ✓ Lower cortisol by 24.2%<sup>†</sup>
- ✓ Fewer wakeups during the night<sup>†</sup>
- ✓ Eases occasional anxiety<sup>†</sup>
- ✓ Calms that “wired but tired” feeling<sup>†</sup>
- ✓ Sleep deeper and longer<sup>†</sup>
- ✓ Improves stress resilience by 32.2%<sup>†</sup>



Scan or visit [algaecal.info/magnesium-relax](https://algaecal.info/magnesium-relax) to see how AlgaeCal Magnesium Relax™ can help you stress less, sleep deeper, and feel more like yourself again, naturally.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.†Results consistent with Clinical Trials on individual ingredients. Results may vary.

**STRONGER BONES**

# AlgaeCal Rewards

## You could earn Rewards Points to Save on Your Next Order

Earn Rewards Points in multiple ways—by making purchases, following us on social media, and participating in AlgaeCal promotions or events. Don't pay full price ever again. Here's how it works:

### 1. JOIN

Sign up today at  
[www.algaecal.com](http://www.algaecal.com)

### 2. EARN

Collect points with every  
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### 3. REDEEM

Every 100 points gets you  
\$5 OFF your next purchase

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### 1 POINT PER \$1

Earn 1 point per \$1 spent  
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Every 100 points gets you  
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**Give your friend \$20. Get \$20 for yourself.**

Here's how it works: Go to [www.algaecal.com/rewards](http://www.algaecal.com/rewards) or scan the QR code below and enter your friend's email. When they place their first order of \$75 or more, they'll get \$20 OFF—and you'll earn \$20 in Rewards Points too. It's our way of saying thanks for spreading the word, because bone loss is beatable.



# Easy Exercises for Better Balance

Slash your risk of dangerous falls with these quick, at-home exercises that keep you steady on your feet.

**Justina Bailey**, founder of Studio Fitness Victoria, is a nationally certified Pilates, Barre, and Essentrics® instructor known for her science-based approach to movement. Drawing on advanced biomechanics training, she designs fun, accessible routines, like the exercises in this issue, that build balance, bone strength, and total-body confidence for people of every age and fitness level.

Scan the QR code below or visit [algaecal.info/balance-class](https://algaecal.info/balance-class) for step-by-step guidance on these, and many more, easy at-home exercises that improve balance, build strength, and help keep your bones strong and resilient.



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# 1 Breathing on Stance Leg

(figure 1)

Stand with feet hip-width apart and step your left foot slightly forward, keeping both feet parallel. Draw left arm back, right arm forward. Soften knees and shift weight onto your back leg. Pause for three rounds of box breathing. Shift weight onto your front leg, breathe again, then reset and repeat on the other side, noticing sensations throughout.



(figure 1)



(figure 2)

# 2 Table Push

(figure 2)

Place hands on a sturdy table and step feet back until hips stack over heels, back flat. Push into the table. With knees slightly bent, shift weight to your left hip, lift your right heel, then hover your right foot to engage left hip and abs. Breathe steadily, hold, lower, and return to center. Repeat on the other side.

### 3 Single Arm, Single Leg Switches

(figure 3)

Shift weight onto your right leg, keeping a slight bend in the knee. Lift your left knee just below hip height and raise your right arm overhead while reaching your left arm down. Breathe steadily, noticing sensations. Lower, reset, and repeat on the other side. Next, repeat lifting the arm and leg on the same side, alternating sides mindfully.



(figure 3)



(figure 4)

### 4 Table Squat

(figure 4)

Place your hands on a sturdy table and step back enough to lower into a gentle squat. With knees slightly bent, round your back as you exhale, pulling ribs from the table. Inhale, then exhale to lower shins toward shoelaces. Continue breathing, lowering slightly each exhale. Press through your feet to rise, reset, and repeat one more time.

# 5

## Standing Turn

(figure 5)

Stand with your right foot slightly ahead of your left, feet parallel and flat. Keep knees softly bent. Reach left arm forward, right arm back, right arm angled slightly down. Shift weight into your back leg, noticing pelvic rotation. Hold and breathe. Shift weight forward, feel the change. Hold, breathe, then step together. Reset and repeat on the other side.



(figure 5)



(figure 6)

# 6

## Single Leg Squat

(figure 6)

Stand with your right side beside a table, fingertips resting lightly for support. Feet hip-width apart, lift your right knee slightly while pressing fingers into the table. Feel your left foot and hip engage. Inhale, lower left shin toward shoelaces. Exhale, press through left foot to rise. Repeat smoothly for 10–12 reps, two sets per side.

# When it Comes to Collagen, Numbers Matter

Backed by 109 PhDs in 25 Clinical Trials

- ✓ Boost Skin Elasticity in **8 Weeks**<sup>†</sup>
- ✓ Smooth Out Wrinkles in **4 Weeks**<sup>†</sup>
- ✓ Less Cellulite in **26 Weeks**<sup>†</sup>
- ✓ Greater Joint Mobility in **24 Weeks**<sup>†</sup>
- ✓ Ease Joint Pain in **12 Weeks**<sup>†</sup>
- ✓ Improves Bone Density by **8.19%**<sup>†</sup>
- ✓ Thicker Hair in **16 Weeks**<sup>†</sup>
- ✓ **42%** Fewer Broken Nails<sup>†</sup>

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.<sup>‡</sup>Results consistent with Clinical Trials on individual ingredients. Results may vary.



Scan the QR code or visit [algaecal.info/algaecal-collagen](https://algaecal.info/algaecal-collagen) to buy now.

AlgaeCal.

STRONGER BONES

# “You Could Break Your Hip Sitting Down”

Patty's doctor said a chair could break her hip. Two years later, her bones are 34.8% stronger. Here's how she did it...



## “YOU COULD BREAK YOUR HIP SITTING DOWN”

**Name:** Patty Vanderslice

**Location:** Mississippi, United States

**Testimonial Date:** June 2025

Patty is the kind of woman you'd assume had perfect health. She eats clean. She lifts weights. She hikes the local trails and logs miles on her Peloton like it's her part-time job. After 33 years as a nurse—most of them in hospice care—she knows exactly what it takes to stay well. Good nutrition. Regular movement. Hormone balance. Sleep. Strength training. She's practiced what she preached for decades.

So when a bone scan at age 56 revealed low bone density? It rocked her.

**“I was shocked,” Patty says. “I'd done everything right. I thought, how can this be happening to me?”**

She filed the results away and kept doing her best. But by 2023, during a follow-up visit with her gynecologist, things had worsened. The doctor studied her DEXA scan and said words Patty will never forget:

“Patty, your bones are so fragile, you could sit down hard in a chair and break a hip.”

“That was a wake-up call,” Patty says. “Because I've seen firsthand what happens after a fracture. I've worked with patients who lost their independence after one bad break.”

She didn't panic. But she did pray. “I immediately asked God to help me. I said, ‘Please show me what I need to do.’ And that very day, I saw an ad for AlgaeCal on Facebook. I honestly believe it was an answer to my prayer.”

As a senior nurse she didn't fall for fads. But something about AlgaeCal stood out.

“There were real clinical studies. Properly conducted trials. Lots of genuine customer reviews. It gave me hope.”

She ordered the Bone Builder Pack and committed to taking it every day, just as directed. She also added AlgaeCal Collagen, D3 Complete, and Triple Power Omega 3 Fish Oil, the full bone-health protocol. Now, two and a half years later, Patty's results are more than encouraging. They're remarkable.

In 2020, Patty's left femur scored -4.3 on her DEXA scan. But her latest DEXA scan scored -2.8. **That's a 34.8% increase in bone mineral density.**

“I feel so much stronger. I'm no longer scared of breaking a bone just by doing the things I love.” Because what Patty loves isn't sitting still...

She walks. She hikes. She lifts weights. She gets outdoors. And she rides her Peloton like a boss. “That's the life I want to keep living. I don't want to sit on the sidelines because of weak bones.”

As a nurse, Patty knows better than most that bones are more than just structure, they're the literal support system for every joyful moment in life.

Walking your dog. Chasing your grand-kids. Hiking through fall leaves. None of it's possible if you're constantly worried about fractures.

**“If you don't have good bones, you don't have a foundation,”** she says. “And I want to live without limitations.” That's her benchmark. That's her motivation. Patty's mother still square dances at 83

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years old. And that's the kind of vitality Patty is aiming for.

"I want to be active and independent for decades to come," she says. "And now, I feel like I've got a real shot."

What makes Patty's story so powerful isn't just the numbers—it's the fact that she already did everything right.

She ate well. She moved her body. She stayed on top of hormone health. She even took traditional calcium with D3 for years. But nothing stopped the bone loss, until AlgaeCal.\*\*

"That's what makes this so incredible," she says. "I was doing all the things. And it still wasn't enough. But once I started on the Bone Builder Pack, my bone density actually improved."

And it's not just her bones that are feeling the difference. "My hair is healthier than it's been in years," she says. "My joints feel better. And honestly, I just feel more vibrant. I look forward to my future now." Patty didn't share her story to brag. She

shared it because she knows there's someone reading this who's where she was three years ago—afraid, frustrated, and not sure what to do next.

"To that person I would say: Don't wait. Don't assume it's just age. There is something you can do. AlgaeCal changed my life, and I believe it can help you too."

Her faith, her science background, her nursing experience...they all pointed her in the same direction. And today, she's deeply thankful.

Patty isn't done yet. She's not coasting into retirement. She's climbing, riding, and lifting her way into the strongest decade of her life—with bones to match.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

\*\*Real Customer. Verified Results. Thank you gift provided post review. Individual vs Clinical Results may vary.

## Want to Learn About How Patty Turned Things Around?

Visit [algaecal.info/patty-vanderslice](https://algaecal.info/patty-vanderslice) or scan the QR code to read her full story.



# Patty Got These Results With the Bone Builder Pack

AlgaeCal®

It's our most popular option, and here's why:

- 1 It's the **ONLY** supplement clinically supported to **INCREASE** bone density.
- 2 It's guaranteed. If your bone density doesn't increase in 6 months, you get every cent back.

No gimmicks, no fine print. Just stronger bones or your money back. Scan the QR code below to learn more, or visit [algaecal.info/bonebuilderpack](https://algaecal.info/bonebuilderpack)



AlgaeCal®

## Got Questions About Your Bone Health? You Can Call Us!

AlgaeCal's Bone Health Consultants provide exceptional support over the phone, offering personalized guidance to help you navigate your bone health journey. Whether you have questions about bone health, the benefits of AlgaeCal's products, or how to incorporate them into your daily routine, our team will take the time to listen to your specific needs and provide tailored recommendations.



Call Our Toll Free Number: **1-855-519-8540**

Monday-Friday: 5:00am-4:00pm (PST) | Weekends: 6:00am-4:00pm (PST)

# The Science of Inner Strength

Want to age well? Heal faster? Sleep deeper? According to Dr. Sandra Scheinbaum, the key may lie not in your body...but your brain.

We tend to think of health as physical. We measure strength in pounds lifted. Endurance in miles walked. Sleep in hours clocked. But as Dr. Sandra Scheinbaum explains, the nervous system quietly shapes all of it, from how fast you heal to whether you feel safe enough to rest.



Dr. Scheinbaum is the founder of the Functional Medicine Coaching Academy and has over four decades of experience. And she recently sat down with AlgaeCal to explain that your thoughts, your emotions, even your posture—they're not just signs of how healthy you are. They're levers you can use to change it.

And the good news? You don't need years of coaching to begin. With simple, research-backed practices, you can start shifting your nervous system from survival mode to a state that supports healing, connection, and growth.

Because when your body feels safe, it starts to work *with* you—not against you.

## The Stress–Bone Loss Connection

**“When you're in fight or flight, your body isn't thinking about building bones.”**

Ask anyone about the causes of bone loss, and you'll hear the usual suspects: menopause, age, not enough calcium. Maybe genetics. Maybe exercise. But how often do we consider stress? For Dr. Sandra Scheinbaum, that's not a side factor. It's central.

Because if your body thinks you're running from a bear it's not going to bother digesting your food properly. It's not going to absorb nutrients like calcium and magnesium. It's not going to prioritize bone building. It's going to survive.

And if that “bear” is chronic work pressure, or anxiety, or grief, or just living in a state of constant overdrive? That survival mode never ends.

**“The sympathetic nervous system gets locked in the**

**‘on’ position...and that has ripple effects throughout your body—inflammation, blood sugar issues, poor sleep, gut dysfunction. All of which can slowly, silently erode your bone health.”**

But it's not just theoretical. According to Dr. Scheinbaum, women who live in this state; rushing, stressed, depleted—are more likely to develop osteoporosis. Not because they're doing anything wrong, but because their bodies never get the signal that it's safe to rest, digest, and rebuild.

So Dr. Scheinbaum's message is simple, but profound:

**If you want to build stronger bones, you need to feel safe. Not just emotionally, but physiologically.**

And that starts with learning to regulate your nervous system.

## It's Not Woo Woo. It's How Your Biology Works

**“We can bring your body out of survival mode sometimes with just one breath.”**

To some, it might sound too simple. *Breathe better. Rewire your stress response. Strengthen your bones.* But this isn't wishful thinking. It's neuroscience. And it's why Dr. Scheinbaum left her traditional practice to become a pioneer in functional medicine and mind-body health.

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“We used to think the brain was static,” she explains. “Now we know it can change.” And when you learn to notice your stress response, and gently shift it, you’re not just calming your mind. You’re changing your biology.

When the body exits fight-or-flight mode and enters what scientists call the “parasympathetic state,” a remarkable thing happens.

Your heart rate slows. Your digestion improves. Your hormones start to rebalance. You actually begin to absorb the nutrients you eat, nutrients like magnesium, calcium, vitamin D, the raw materials of bone.

Even more critically: **inflammation starts to cool down.** And since chronic inflammation has been directly linked to osteoclast activity (the cells that break down bone), that shift alone could make a world of difference.

The good news? You don’t need a silent retreat in Bali or 90-minute yoga sessions to get there. In fact, the most powerful tools are often the most accessible:

- A 2-minute breathing exercise before a meal
- Taking a walk in nature without your phone
- Spending 5 minutes journaling in the morning
- Replacing harsh self-talk with gentle awareness

They may not seem like much. But practiced daily, these micro-habits retrain your nervous

system, and in turn, can support everything from bone density to better sleep.

This isn’t about ignoring conventional bone health strategies. It’s about enhancing them. Because no supplement or diet can do its job properly when your nervous system is stuck in high alert.

And as Dr. Scheinbaum reminds us, “You have more control than you think.”

## The Mind-Body Loop

One of the most overlooked truths in modern medicine, according to Dr. Scheinbaum, is that **the mind and body aren’t separate systems.** They’re one continuous feedback loop. If your nervous system is stuck in fight-or-flight, your body sends distress signals up to your brain. And in turn, your brain keeps the alarm bells ringing—telling your body to stay tense, vigilant, and catabolic (in breakdown mode).

But here’s the beautiful part of that loop: **it works the other way too.** When you signal safety through your posture... your breath...your tone of voice...your body begins to respond in kind. Inflammation drops. Sleep improves. Nutrients absorb. Cells regenerate. Even bone-building cells (osteoblasts) come back online.

Even the way you hold your body can shift your internal state. “When you hunch over, when your shoulders are rounded, your head is down—you’re telling your nervous system, ‘I’m not safe.’ But when you lift up, open up, breathe—your body begins to believe, ‘I’m okay.’ That’s a message that’s chemically translated throughout your system.”

It’s this kind of physiological feedback loop that makes small actions so powerful.

**When you feel safe, you digest better. You sleep more deeply. You absorb nutrients more efficiently. You regulate inflammation more effectively. And that affects everything from energy levels to bone density.**

“We tend to separate physical from emotional, but the truth is—they’re one and the same. The mind is in the body.” So rather than chasing silver bullets, Sandra encourages something more radical: **Start small. Start with what you can feel. And trust that your biology will meet you there.**

## **Aging Well Isn’t a Pipe Dream. It’s a Skill You Can Practice**

For many women, especially post-menopause, there’s a silent fear that begins to creep in: That your best years are behind you. That your body is broken. That decline is inevitable. Dr. Sandra Scheinbaum believes the opposite.

**“Aging well isn’t about ‘anti-aging’ or chasing youth,” she explains. “It’s about honoring your body’s capacity to adapt—and practicing the skills that support it.”**

And yes, she means practicing. Just like you’d train a muscle or rehearse a skill, you can strengthen your ability to recover

from stress...bounce back from illness... and thrive as the years go on.

That’s where lifestyle medicine and coaching intersect. Because while your doctor might prescribe vitamin D or calcium, it takes support to turn those suggestions into action—day after day, when motivation runs low, and life gets in the way.

Coaching helps close that gap. It transforms knowledge into confidence. Supplements into self-trust. And aging into a process you get to participate in—not something that just happens to you.

“I want women to know it’s not too late,” Sandra says. “It’s never too late to change your story.” Even if your last DEXA scan brought bad news, even if your stress levels are through the roof, even if you’ve tried before and it didn’t stick, the body is always listening. And it’s always responding.

Every small step you take—toward nourishment, movement, connection, rest—sends a powerful signal to your cells: “I’m not giving up.”

And that message, Dr. Scheinbaum says, is one of the most healing things you can offer yourself.

## **Why Strength Training Is Non-Negotiable, Especially for Women**

Many women were never taught to lift heavy weights. And that, according to Dr. Scheinbaum, is a problem.

“We want to maintain our strength to be able to push it,” she says. “But what I see

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all the time is women who are just stuck. Okay, they'll pick up their five-pound dumbbells and they'll do some sets, but they'll never increase."

Her own routine? "I have recently gotten into more heavy-duty resistance training, doing compound movements like barbell squats and deadlifts."

She's not just going through the motions. **At 75, she deadlifts 175 pounds**, and credits her progress to two things: curiosity and consistency.

"It's curiosity like, I wonder...okay, I've been stable at 170, I'm going to put on another five-pound plates and see if I can do 175. No expectations. But when I was able to lift it...it's that sense of, yes!"

It's not about ego or perfection. It's about embracing challenge, safely and intelligently.

"I am not going to be doing things where there's a chance of injury," she adds, noting how she uses assisted pull-ups and Smith machines to stay safe while still progressing.

Her advice? Fail. Try again. Go to your edge. Because as she puts it: "Keeping that ability to make gains—but continually pushing—is really important."

## Working With a Coach

Healing isn't a solo sport. While the self-help world often glorifies rugged individualism—grit, willpower, pushing through—true change usually happens in relationships. "The research is clear. When people feel connected and supported, they're more likely to make lasting

changes. We are wired for connection. It's a survival need." Says Dr. Scheinbaum.

That's why coaching works. Not because it gives you the 'perfect' plan. But because it gives you someone who listens — and reflects your strength back to you when you forget.

**"We help people remember what they already know. We're not 'fixing' them. We're walking alongside them as they reclaim their power."**

**This approach is especially powerful for midlife women**, who often carry the weight of caretaking, work, and invisible emotional labor. For them, feeling seen—without judgment—can be the catalyst for transformation.

And as Dr. Scheinbaum explains, coaching isn't about information overload. It's about sustainable integration. "People already know what to do—more vegetables, less stress, move your body. The problem is never knowledge. It's implementation. That's what coaching bridges."

## The Power to Change Is Already Inside You

If there's one message Dr. Sandra Scheinbaum wants every woman to take away, it's this:

**You're not broken.  
You're becoming.**

And becoming is never a passive process. It's something you do every time you show

up for yourself. Every time you question the voice that says, “You can’t.” Every time you decide to try again.

That’s why Dr. Scheinbaum’s life’s work has been dedicated to empowering people with the skills, tools, and support they need to thrive, not just survive, as they age.

Because when you feel supported?  
When you feel seen, heard, and believed in?

You stop playing defence. You start living on purpose. It’s not too late. It’s never too late.

## Want to Know More About Dr. Sandra Scheinbaum?

Follow Dr. Sandra Scheinbaum on Instagram at [@drsandi](https://www.instagram.com/drsandi), where she shares daily insights from her fitness journey, mind-body practices, and expert tips on healthy aging.

Want to go deeper? Her new book, *Your Health Coach Will See You Now*, offers a powerful vision for the future of personalized wellness—starting with you.



Interviewed By:

**Monica Straith**

BS, BA

Moni is AlgaeCal’s Senior Partnerships Leader, a former Team Canada soccer star, and a busy mom of two active boys.

## Watch The Full Interview

Visit [algaecal.info/dr-scheinbaum-interview](https://algaecal.info/dr-scheinbaum-interview) or scan the QR code to watch the full interview, and discover how to rewrite the story of what aging can feel like.



# Cornish Game Hens with Rice Stuffing



Dairy Free



Gluten Free

A festive, mineral-rich dinner featuring protein-packed hens and a savory wild rice stuffing with bone-supporting herbs and vegetables.

PREP: 30 MIN

COOK: 1 HOUR

## Hens:

- 4 Cornish hens (1.25–1.5 lb each)
- 3 Tbsp rosemary
- 3 Tbsp thyme
- 1 tsp salt
- 1 tsp lemon zest
- 2 tbsp avocado oil

## Stuffing:

- 1 cup wild rice blend
- 2 cups chicken broth

227 g cremini mushrooms

- 1 small onion, diced
- 2 celery stalks, diced
- 1 carrot, diced
- 1 Tbsp thyme
- 1 Tbsp sage
- ½ tsp salt

1. Preheat the oven to 450°F. Line a pan with parchment. Cook rice and broth in a pot: boil, then simmer covered for 30–40 minutes.
2. In a sauté pan, soften mushrooms, onion, celery, carrot, thyme, sage, and salt. Combine with cooked rice.
3. Stuff hens with ¼ of the mixture each. In a bowl, mix rosemary, thyme, salt, lemon zest, and oil. Pat hens dry and rub mixture over them. Tuck wings and place in the pan.
4. Roast 30–40 minutes or until leg meat reaches 160°F. Let rest 5 minutes until it hits 165°F. Serve with extra stuffing and fresh herbs.

MAKES 4 SERVINGS

**PER SERVING** Calories: 1018 | Fat: 61 g | Protein: 77 g | Sugar: 4.5 g | Carbs: 40 g | Fiber: 5.5 g | Sodium: 1555 mg | Cholesterol: 401 mg | Potassium: 1208 mg | Vitamin A: 3511 IU | Vitamin C: 18 mg | Calcium: 136 mg | Iron: 6 mg |



# Raw Carrot Cake



Dairy Free



Gluten Free

A no-bake carrot cake rich in fiber, beta-carotene, and healthy fats, with a creamy cashew frosting you'll want to eat by the spoonful.

**TOTAL TIME:** 2 HOURS

## Cake Layer:

- 1 cup pitted dates
- ¼ cup date water
- 2 lbs carrots, chopped
- 6 cups oats
- 2 Tbsp cinnamon
- 1 tsp ground ginger

## Frosting Layer:

- 2 cups cashews
- ¼ cup cashew water
- 1 cup coconut oil
- ½ cup maple syrup
- optional garnish: dried florals or fruity tea

1. Line an 8" springform pan with parchment and lightly oil the sides.
2. Boil dates in water, then soak for 15 minutes. Do the same with cashews. Blend soaked dates with ¼ cup date water until smooth. Blend soaked cashews, ¼ cup cashew water, coconut oil, and maple syrup until smooth.
3. In a food processor, pulse carrots and oats into a coarse meal. Mix with date purée, cinnamon, and ginger.
4. Divide both the carrot and frosting mixtures into 2 to 4 portions, depending on the number of layers. Press one portion of carrot mixture into the pan, spread frosting over it, and freeze for 20 minutes. Repeat until finished.
5. Garnish the final layer with dried florals or tea leaves if desired. Store in fridge or freezer.

**MAKES 12 SERVINGS**

## Want More Recipes?

Scan this QR code below or visit [algaecal.info/bone-healthy-christmas](https://algaecal.info/bone-healthy-christmas) for our Ultimate Guide to a Bone-Healthy Christmas.





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**PER SERVING** Calories: 529 | Fat: 30 g | Protein: 10 g | Sugar: 21 g | Carbs: 61 g | Fiber: 9 g |  
Sodium: 59 mg | Cholesterol: 0 mg | Potassium: 649 mg | Vitamin A: 12635 IU |  
Vitamin C: 5 mg | Calcium: 87 mg | Iron: 4 mg |

# Ask Our Experts

Have questions about your bone health? Get them answered in the AlgaeCal Community. Our bone health experts are here to support your bone building journey every step of the way.



## Dr. Liz Lipski

PHD, CNS, FACN, IFMP, BCHN, LDN

Professor and Director of Academic Development, Nutrition programs in Clinical Nutrition at Maryland University of Integrative Health. Author of *Digestive Wellness*



## Dr. Emma Gasinski

PT, DPT, RYT

Physical therapist, certified yoga teacher and CrossFit trainer with a Doctorate in Physical Therapy from Rocky Mountain University of Health Professionals.



## Lara Pizzorno

MDIV, MA, LMT

Best-selling author of *Health Bones Healthy You! And Your Bones*; Editor of *Longevity Medicine Review*, and Senior Medical Editor for Integrative Medicine Advisors

Q:

I use heavy cream in my coffee every morning. Does that increase my cholesterol?

**Debbie P.** AlgaeCal Community Member

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A:

Hi Debbie! This isn't a simple yes-or-no question because the research on full-fat dairy is surprisingly mixed. Years ago, foods like heavy cream were thought to raise cholesterol and heart-disease risk. But newer large studies suggest the effect may be neutral—or even slightly protective for some people. For example, the PURE study, which tracked 148,000 people across 21 countries, found lower rates of cardiovascular disease among those who regularly ate fruits, vegetables, nuts, fish, and dairy—even when the dairy was full-fat. Other research from Europe and the U.S. shows no clear link between full-fat dairy and higher cholesterol, blood pressure, or heart disease. That said, everyone responds differently. Your genetics, overall diet, cholesterol numbers, and lifestyle all matter. Tests like ApoB or a coronary calcium scan can help show your true cardiovascular risk. If your cholesterol is high, you could experiment by swapping cream for milk or a non-dairy option for three to six months and retesting. In the end, it's about balancing pleasure with personal risk. Monitoring your labs while enjoying your morning coffee will give you the clearest answer for your body.

**Dr. Liz Lipski**

**Join the Community Now!**

Scan the QR Code or visit [algaecal.info/join-now](https://algaecal.info/join-now) to join and unlock your exclusive bone-health benefits!



Q:

Are gym weight machines safe for someone with bone loss? I heard the leg extension machine isn't recommended.

**Kathy F.** AlgaeCal Community Member

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A:

Machines like the leg press, hamstring curl, and hip abduction/adduction can safely strengthen hips and thighs when fitted and used correctly. However leg extensions place more knee stress and offer limited bone-loading benefit, so they're less effective but not inherently dangerous with light weight and proper form.

**Dr. Emma Gasinski**

Q:

Will a month-long herbal heavy metal detox interfere with the strontium citrate I take?

**Dianne M.** AlgaeCal Community Member

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A:

Yes, chelating agents like DMSA, while they preferentially bind heavy metals like lead and mercury, also bind to and reduce absorption of essential-for-health calcium and strontium. Herbs that boost our ability to eliminate heavy metals, like milk thistle, curcumin, garlic and cilantro, don't bind strontium or calcium.

**Lara Pizzorno**

# Ask Your Question

Reach out to our experts today in the AlgaeCal Community!

The AlgaeCal Community is an exclusive Facebook group for AlgaeCal customers. It's made up of over 45,000 women and men who are working toward renewed bone health. It's a friendly, supportive space where you can ask questions, join live exercise classes and bone-health lectures, share frustration and successes, and make new friends. Join for free by scanning the QR code below.

## Here's what you get...

- **Direct Access to Doctors, Physiotherapists, & Bone Health Experts**  
Get answers to your toughest questions, fast.
- **Physio-Led Exercise Classes**  
Strengthen your bones safely with exercises designed by leading fitness experts.
- **Join a Group of 45,000+**  
Share wins, get support, and feel the encouragement of others on the same journey.
- **Exclusive Monthly Product Giveaways**  
Yes, you could win free products every month.

...and much more!

**Mark your calendar!**  
Some exciting  
Community events  
are just around the  
corner. Up Next:

**Dr Emma** | Tips for safe outdoor walking in winter (fall prevention, footwear, balance strategies); navigating icy sidewalks, getting in/out of cars safely, etc.

**#AskDrLiz** | Healthier Holidays—healthier choices to keep you on track through the holiday season!

**Get Fit with Sandra** | Mobility Flow for Stiff Joints

## Join the Community Now!

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Stronger Bones  
VOLUME 5 / ISSUE 4

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