

# STRONGER BONES

VOLUME 5 / ISSUE 2

## BONES LOSS Isn't Caused By Aging

*Dr Doug Lucas reveals  
all on page 16*

At 73 she's  
**Aging Backwards**  
*Her secret?* On page 12

**The Best  
Brunch**  
*you'll ever eat.*  
Recipe on page 24

AlgaeCal®



# Bone Loss Isn't Inevitable, and You're Proving It

**May is National Osteoporosis Awareness Month**, and at AlgaeCal, we're celebrating the generation who refuse to accept that bone loss is an inevitable part of getting older. People like you, who know that life isn't measured by age, but by the choices you make every day.

Because the truth is, bone loss isn't caused by aging. I know—that's the opposite of what we've all been told. But in this edition Dr. Doug Lucas, a Stanford-trained orthopedic surgeon challenges everything we've been told about osteoporosis. According to him, aging isn't the real culprit behind bone loss—something else is. And once you understand what's really happening inside your body, you'll know exactly how to take control of your bone health. Find out what it is on **page 16**.

This issue is packed with insights to help you strengthen your bones, reclaim your confidence, and keep living the life you love, without limitations. Because at the end of the day, we're not just here to help you fight bone loss—we believe that life is for living. And we want to help you live it to the fullest.

Thanks for letting us take care of you,



**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!



# How Much Will Osteoporosis Take From You?

Hint: It's Not Just Your Savings



Reviewed By:

**Lara Pizzorno**

MDIV, MA, LMT

Best-selling author of  
*Healthy Bones Healthy You!*  
and *Your Bones*.

Every three seconds, someone fractures a bone due to osteoporosis. And by the time you finish reading this page, dozens more people—just like you—will have suffered a life-changing break.

For most, it starts the same way. A simple misstep. A minor fall. Then—crack. Suddenly, you're in an ambulance, staring at hospital ceiling tiles, wondering how a moment that felt so small could shatter everything.

But here's what no one tells you—these osteoporotic fractures aren't just a health issue! They're a financial disaster and an emotional catastrophe. So let's talk about the real cost of osteoporosis. Because if you think this disease just affects your bones, you're in for a painful surprise.

## A Financial Nightmare

It's often said that osteoporosis is a "silent disease." But when it finally speaks, it doesn't whisper—it shouts. And the first thing it says? "Pay up."

A broken bone isn't just painful—it's financially devastating. The average cost of a single hip fracture in the U.S. is over \$40,000. But the expenses don't stop there. Even with insurance, hospital stays, follow-up visits, medications, and rehabilitation can leave you paying thousands out of pocket. Then there's the long-term impact: **40% of hip fracture patients never walk independently again**, and many require full-time nursing care at an average cost of \$8,000 per month.

## HOW MUCH WILL OSTEOPOROSIS TAKE FROM YOU?

Many families assume health insurance will cover these expenses. But after deductibles, co-pays, non-covered treatments, and long-term care, the financial burden can be overwhelming.

So as the bills pile up, savings accounts shrink. Some people take on debt. Others become financially dependent on their children. But the steepest price of osteoporosis isn't measured in dollars, it's measured in what it takes away from your life.

### Losing the Life You Love

At first, the changes might seem small. You stop taking the stairs because your knees ache. You avoid icy sidewalks in the winter. You tell yourself you'll get back to hiking, gardening, or dancing next year, but next year never comes.

And that's perfectly normal. When your body starts to feel vulnerable, it's human to want to pull back.

Suddenly, your world shrinks. What was once second nature—walking to the mailbox, getting in and out of the car, reaching for a dish on a high shelf—becomes an obstacle course of fear. What if I fall again? What if next time, I can't recover?

For many, that fear naturally turns into avoidance. You say no to social events, worried that a crowded restaurant or uneven pavement might be dangerous. You decline invitations from friends, embarrassed that you need help getting up the steps to their front door. You start watching life from the sidelines instead of living it.

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The things that made life feel full—traveling, playing with grandkids, even something as simple as grocery shopping alone—begin to slip away. And the worst part? You can't stop it.

**If that's where you are right now, know this: you're not alone. And more importantly, you're not stuck.**

Yes, it's scary when life starts to shrink. But there are real, proven ways to rebuild your strength, your confidence—and your independence.

## The Weight of Dependence

For most of your life, you've been independent. You built a career. Raised a family. Made decisions on your own terms. You were the one others turned to for help and support.

But osteoporosis has a way of shifting that balance. Suddenly, you're the one who needs help—getting dressed, preparing meals, even getting through the day.

And while your family loves you deeply, it's hard not to feel a quiet guilt. You don't want to disrupt their lives. You don't want to feel like a burden. But when you can't drive to your doctor's appointment or safely step into the bathtub, asking for help isn't optional—it's necessary.

And here's the truth: **needing support doesn't make you weak.** In fact, it's completely natural. You were there for your loved ones when they needed you—and now they want to be there for you.

Because that's what love looks like. For some, support grows into full-time care. That transition can feel overwhelming—a shift away from the privacy, comfort, and control of home to a facility where routines are no longer your own.

But even then, it doesn't have to mean giving up your dignity—or your hope. There are still ways to take back a sense of control. To strengthen your body, preserve your independence, and hold on to the life you've built.

## The Psychological Toll

Osteoporosis doesn't just weaken your bones. It wears down your spirit. Studies show that people who suffer fractures are at higher risk for depression and anxiety. In fact, these studies suggest that 86.9% of osteoporosis sufferers experience mild to moderate depression. And it's easy to see why.

When you feel fragile, when every step carries a risk, it changes how you see yourself. You no longer feel like the strong, capable person you once were. Instead, you start to feel fragile in every way—not just physically, but emotionally.

Some people stop engaging with the world entirely. They withdraw. They lose their sense of purpose. The activities that once brought joy—going to church, volunteering, even just running errands—become reminders of what's been lost.

And the hardest part? Osteoporosis takes all of this without warning. People don't feel their bones weakening. They don't realize what's happening until it's too late—until a fracture forces them to confront a reality they never saw coming.

## A Hopeful Future

Far too many people accept bone loss as inevitable. It's just part of getting older, and there's nothing that can be done about it. But that's wrong!

Here's the truth: Bone density can be increased. And every single day, people just like you are proving it. Somewhere right now, a woman is answering a call from her doctor. She's bracing for bad news, but instead, she hears something that stops her in her tracks.

**"Your bone density has increased. Your fracture risk has gone down."**

And the best part? She did it naturally. This isn't a fantasy. It's happening every day. To people who once believed they were powerless against bone loss. To people who thought their best years were behind them. To people who decided to take action—before it was too late.

And if they can do it, so can you. This National Osteoporosis Awareness Month, let's rewrite the story. Let's remind the world—and ourselves—that osteoporosis

isn't a life sentence. That bones are living tissue—constantly rebuilding, constantly adapting. That with the right nutrients, the right movement, and the right approach, you can turn back the clock on bone loss.

A year from now, you could be the one getting that call. You could be the one with proof—stronger bones, greater confidence, a future where you move freely and fearlessly. But that future starts today. Because osteoporosis doesn't just take from you, it forces you to choose.

And today, **you choose strength.**

## Want to See Proof Bone Density Can Be Increased?

Visit [algaecal.info/success-stories](http://algaecal.info/success-stories) or scan the QR code to learn more.



# Got Questions About Your Bone Health? Call Us. *We'll Answer.*

**No one should have to face low bone density alone.**

That's why, at AlgaeCal, we do things differently. Behind every bottle is a team of Bone Health Consultants, real people who care deeply about your situation.

So when you call us, you won't be met with a robot or lost in a maze of automated menus. You'll hear a warm, human voice—someone who takes the time to listen, understand your concerns, and walk beside you with real guidance and support. Because you're not just a customer. You're our auntie, our mother, our grandma. And we want you to feel genuinely cared for, because you are.

Just ask Michelle, a retired nurse who said,

**"I found the consultants to be very knowledgeable and helpful. My questions were answered and they even followed up via email with more information related to our discussions. I'm very impressed."**

Or Harriet, who shared,

**"All the consultants I've spoken with are insightful, compassionate, and knowledgeable."**

Whether you're just starting your bone health journey or have been taking AlgaeCal for years, we're here to help—with advice, encouragement, and the answers you deserve.

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

Email: [support@algaecal.com](mailto:support@algaecal.com)

Hours of Operation (PST):

Mon–Fri: 5:00am–4:00pm

Sat–Sun: 6:00am–4:00pm

**AlgaeCal®**



# 3 Exercises to Protect Your Femoral Neck

**Build strength, stability, and balance at home with these femoral neck-friendly moves from trainer Justina Bailey.**

Your femoral neck—the narrow bridge of bone connecting your thigh to your hip—is one of the most fracture-prone areas of the body. But you can keep it strong with the right kind of movement. These five exercises, led by expert trainer Justina Bailey, are designed to target the femoral neck and maintain hip stability. They're simple, gentle, and can be done at home. Follow the step-by-step instructions, and scan the QR code at the end to take the full class with Justina.

**Justina Bailey** is a seasoned fitness professional with expertise in health, wellness, and anti-aging movement. Recognized as one of Canada's Top 10 Fitness Instructors in *Impact* magazine, Justina's extensive training includes qualifications in Pilates, Barre, Essentrics®, Japanese Yoga Therapy, and advanced biomechanics from the Postural Restoration Institute.

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# 1 90/90 Lunge

(figure 1)

**Build strength and control with the 90/90 lunge.** Stand tall. Place one hand lightly on a sturdy chair for balance if needed. Step one foot back and lift the heel so you're on the ball of the back foot. Slowly bend both knees—make sure they're tracking over your toes. Keep your torso upright and the back heel lifted. Straighten both legs to return to standing. Repeat this bend-and-straighten motion 10 times. Return to standing, then switch legs and repeat 10 times. Do 2–3 sets on each side. *Tip: Stay tall through your spine as you lower and lift.*



(figure 1)



(figure 2)

# 2 Sand Scraping with Foot

(figure 2)

**This exercise builds awareness of foot motion and activates stabilizing hip muscles.** Stand tall. Place one foot slightly in front of you. Tip the outer edge of your front foot down so your arch faces the ceiling. Press that edge into the floor and slowly push forward like you're scraping sand away. Repeat 10 times. Keeping the same edge of the foot down, pull the imaginary sand back toward you. Repeat 10 times. Now switch: tip the inner edge of your foot down so the outer edge lifts. Scrape the sand away 10 times. Then, pull it back toward you 10 times. Stand on both feet, release any tension, and repeat the full sequence on the other leg. *Tip: If you feel very unsteady, lightly hold a chair for balance, but try not to rely on it too much.*

## 3 Fold Over Chair

(figure 3)

**Practice this Fold Over Chair exercise to improve balance and target your deep hip stabilizer muscles.** Stand behind a chair. Place both hands on the backrest. Hinge slightly forward at the hips—keep your spine in a neutral position. Shift your weight onto one leg. Slowly lift the other leg straight back, keeping the lifted leg straight. Pause, then lower it with control. Repeat this lift-and-lower 10 times. Come back to standing and release any tension. Switch legs and repeat. Do 2–3 sets per leg. *Tip: Imagine drawing a straight line with your lifted leg to stay stable and controlled.*



(figure 3)

## Scan to Follow Along

Want Justina to guide you through each move? Scan the QR code or visit [algaecal.info/femoral-neck](https://algaecal.info/femoral-neck) to take the full femoral neck strengthening class on YouTube.





**Name:** Bernadette Di Madonna  
**Location:** South Carolina, USA  
**Testimonial Date:** March/25

“My Doctor  
Said I’d Break  
a Hip and Die.”

But Bernadette had another idea...

## **"MY DOCTOR SAID I'D BREAK A HIP AND DIE."**

Bernadette had always been the strong one. The caretaker. The survivor. The woman everyone turned to when things got tough.

But all that strength seemed to vanish the day her doctor gave her the news:

**"You have the bones of a 90-year-old. If you don't start treatment immediately, you'll break a hip, and likely die."**

So at just 60 years old, her panicked doctors told her to "start the infusions—now!" But Bernadette wasn't your average patient. She'd already beaten aggressive breast cancer. She'd survived thyroid surgery. She'd spent ten brutal years caring for her dying husband. So she knew what it meant to suffer. And she wasn't about to hand over her health to a 'treatment' with a list of side effects longer than the small print on a cell phone contract.

So she did what any fiercely independent, battle-tested woman would do: She took matters into her own hands. Bernadette sat down at her computer and did her homework. She studied bone cells. She learned the names: Osteoclasts. Osteoblasts. She wanted answers—not band-aids. And that's when she found AlgaeCal.

**"I saw that it was plant-based and had all the nutrients I needed to increase my bone density. Honestly, I saw AlgaeCal as a divine gift that was waiting to be opened—and I wasn't about to refuse it."**

But her doctors weren't thrilled. "They told me I was signing my death warrant," Bernadette said. "But I said, it's my body, my choice."

So she committed. Two capsules in the morning. Two at night. A scoop of Algae-Cal Collagen in her hot chocolate. And little by little, things started to shift.

Her DEXA scan began to climb. Her energy improved. And the fear that once ruled her every move? Gone.

"When I started, my T-score was minus 4.34. Now it's minus 3.0. My doctor actually jumped out of his chair and hugged me!"

At 73, Bernadette now lifts 70 lbs in the gym. She's dancing, reading, cooking healthy meals, and blasting music—just because it makes her feel alive. Her scoliosis has dropped from 50 degrees to 25. She no longer needs surgery for a prolapse. And for the first time in decades, she's not planning her funeral—she's planning her future.

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"I'm aging backwards," she says with a smile. "I feel better now than I did in my 50s."

And the best part? She's not afraid of fractures anymore. Bernadette walks tall, dances freely, and encourages others to take their health into their own hands.

**"AlgaeCal gave me my structure back—physically and emotionally. It's not just about stronger bones. It's about feeling alive again."**

## Want to Learn More About How Bernadette Defied the Odds?

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



AlgaeCal®

# What If You *Couldn't* Make It to the Tee?

- 1 in 2 women over 50 will fracture a bone\*
- 1 in 5 men will do the same\*

## WHAT'S YOUR GAME PLAN?

To protect yourself for life,  
there's only 1 choice.

The Bone Builder Pack  
is the **ONLY** calcium  
supplement shown in  
clinical studies to  
increase bone density!

- ✓ 3 Clinical Studies
- ✓ 16 Bone-Supporting Nutrients
- ✓ Plant Based
- ✓ Guaranteed Results



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

\*National Osteoporosis Foundation



# They Told You Bone Loss Is Inevitable. *They Lied.*

Think bone loss is permanent? Dr. Doug Lucas says otherwise.



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.

For years, doctors have told us the same thing: bone loss is just a normal part of aging. You can slow it down, but you can't reverse it.

Dr. Doug Lucas disagrees. After nearly a decade as an orthopedic surgeon, Dr. Lucas saw firsthand what happens when bones weaken. He treated fracture after fracture—many of them life-changing. But the more he researched, the more he realized something shocking...

**Low bone density isn't just caused by aging—it's a metabolic imbalance.** Your bones are constantly breaking down and rebuilding. But when breakdown outpaces rebuilding, that's when bone loss happens. And what speeds up that process? Poor nutrition, hormone imbalances, chronic stress, and lack of the right exercise. But here's the good news: **when you correct these imbalances, you can rebuild bone.**

Now, as the founder of *Optimal Human Health MD*, Dr. Lucas helps people take control of their bone health—without relying on risky ‘treatments’ that come with a laundry list of side effects. His approach is simple: find the root cause, fix the imbalance, and give your body what it needs to strengthen bone naturally.

In a recent interview, Dr. Lucas sat down with AlgaeCal to reveal the truth about osteoporosis, and share exactly what it takes to reverse bone loss.

## The Big Bone Loss Lie

If you believe low bone density is just a normal part of aging, you’re not alone. Most doctors will tell you the same thing. They’ll say that once you lose bone, it’s gone for good. That you can slow it down, but never reverse it.

Dr. Doug Lucas says that’s complete nonsense.

“We’re taught that osteoporosis is just something that happens as you get older,” he says. “But that’s simply not true. **Bone loss isn’t about age. It’s about imbalance. And when you correct the imbalance, you can rebuild bone.**”

Most people don’t realize it, but you hit peak bone mass in your late 20s or early 30s. After that, your bones naturally start to weaken—unless you take action. And for some, that decline isn’t slow at all.

Pregnancy, hormone shifts, chronic stress, poor nutrition—these can all accelerate bone loss. That’s why waiting until you’re “older” to care about your bones is a huge mistake. By the time you get a bone scan that shows low bone mineral density, you’ve already lost years of potential rebuilding.

And here’s what most doctors *won’t* tell you: bone loss isn’t a disease—it’s a *metabolic failure*. **Your bones aren’t just disappearing. They’re breaking down faster than they can rebuild.** Fix the imbalance—nutrient deficiencies, hormone levels, gut health, stress—and bone density *can* come back.

“I’ve worked with patients in their 50s, 60s, even 70s, who’ve reversed bone loss,” Dr. Lucas says. “It’s not magic. It’s about giving your body what it needs, to do what it was designed to do.”

That means throwing out the old “take calcium and hope for the best” advice. Bone isn’t built with calcium alone—it requires a complete set of nutrients. It means shifting away from untargeted ‘exercises’ and focusing on real bone-building strategies—like resistance training and impact-based movement. And in some cases, it means rethinking hormone optimization, because estrogen, testosterone, and other hormones play a major role in bone metabolism.

“I’ve seen it time and again,” says Dr. Lucas. “Low bone density isn’t a life sentence. But if you believe the mainstream myths about bone loss, you’ll spend years watching your bone density drop—when you could be rebuilding it instead.”

## How To Reverse Bone Loss

So if low bone density *isn’t* an inevitable part of aging... if bone loss isn’t permanent...if your body can rebuild bone...

How do you actually do it? After years of working with patients, Dr. Lucas has found that reversing bone loss comes

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down to five key factors. Ignore them, and your bones will continue to weaken. But get them right, and you can stop bone loss—and even rebuild what you’ve lost. Here’s what actually works.

## Your Bones Need More Than Calcium

For decades, doctors have told people to “just take calcium.” But Dr. Lucas says that advice is outdated—and dangerous.

“Low bone density isn’t a calcium deficiency problem,” he explains. “It’s a bone-building failure. Your body has the raw materials—it just doesn’t know how to use them properly.” Yes, calcium is important. But without the right co-factors—vitamin D3, vitamin K2, magnesium, boron, and a variety of other nutrients—your body won’t absorb or use it effectively. Worse, it could end up in your arteries instead of your bones, increasing your risk of heart disease.

That’s why Dr. Lucas recommends **AlgaeCal Plus** to his patients—because it’s not just calcium. It’s a full bone-building formula with the right balance of sixteen minerals and vitamins to support real bone growth.

**“AlgaeCal Plus checks off multiple nutrient boxes at once...reduces pill burden, and it’s backed by actual human studies. That’s rare in the supplement world.”**

## Stop Starving Yourself

Most people assume they’re getting enough nutrients from food. But Dr. Lucas knows that’s not the case.

“Many of my patients—especially women—are undereating,” he says. “They’re not getting enough protein, they’re avoiding fat, and their bodies aren’t absorbing key nutrients properly.” And that’s a problem.

When your body is missing the *right* nutrients, it shifts into survival mode. The result? Your bones get weaker and weaker each year.

Take protein, for example. It’s not just for building muscle—it’s **essential for maintaining strong bones**. In fact, bones are composed of approximately 50% protein by volume, primarily in the form of collagen, which provides flexibility and strength. So without adequate protein intake, your body lacks the necessary building blocks to maintain bone density, increasing the risk of fractures.

A 2017 study published in *The American Journal of Clinical Nutrition* examined the impact of dietary protein on bone health. The study concluded that **higher protein intake was associated with increased bone mineral density** in the lumbar spine, suggesting that protein positively influences bone health.

Moreover, protein consumption influences levels of insulin-like growth factor 1 (IGF-1), a hormone that promotes bone growth. Insufficient protein intake can lead to decreased IGF-1 levels, negatively impacting bone formation.

So that’s why an adequate protein consumption is vital for bone health. It supports bone density and strength,

thereby reducing the risk of fractures.

Then there's gut health. If your digestion is compromised, it doesn't matter how much calcium or vitamin D you take—your body *won't absorb it*.

And don't forget about fat! For decades, we were told fat was the enemy. That cutting it out would make us healthier. That avoiding it would protect our hearts, keep our weight down, and somehow be good for us.

But here's what they didn't tell you... When you cut out fat, you're cutting off your body's ability to produce the hormones that *keep your bones strong*.

It's simple biology. Your body needs fat to make estrogen, testosterone, and progesterone—three hormones that play a direct role in bone health. Without enough, bone breakdown speeds up. And if you've been on a low-fat diet for years? You've been starving your bones without realizing it.

"Eating a low-fat diet leads to some of the things that are osteoporosis risk factors," says Dr. Lucas. Studies show that low-fat diets can tank hormone levels, and when estrogen declines (like during menopause), bone loss accelerates. That's why postmenopausal women see such a dramatic drop in bone density.

The bottom line? Your body *needs* healthy fats. Not just for energy. Not just for brain function. But to *protect your bones*. And if you avoid fat, your bones will pay the price.

## No, Walking Won't Save Your Bones

Walking is great. But if you think walking

alone will rebuild bone, think again. "The biggest mistake I see is people thinking weight-bearing exercise is enough," says Dr. Doug Lucas. "Yes, walking is better than nothing. But if you want to build bone, you need resistance and impact."

Here's the truth: Your bones don't just exist—they respond to the forces placed on them. The more stress you apply, the stronger they get. That's why people who lift weights have denser bones than those who don't.

If you want to trigger real bone growth, you need to challenge your bones. And that means:

- **Lifting heavy:** Strength training tells your bones to get stronger. Squats, deadlifts, weighted lunges—these are the exercises that actually stimulate bone growth.
- **Jumping or impact training:** Controlled impact (like jumping, stomping, or vibration therapy) puts the kind of stress on bones that forces them to adapt.
- **Blood flow restriction training (BFR):** This technique tricks your body into thinking it's lifting heavier than it actually is, making it a game-changer for those who can't do high-impact exercises.

"Most people lose bone because they stop challenging their bones," Dr. Lucas says. "The body adapts to what you put it through. If you give it the right stimulus, it will respond." So if you want stronger bones, challenge them.

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## Look After Your Hormones

Most doctors talk about low bone density as though it was just a mineral problem. Take your calcium, get some vitamin D, and hope for the best.

But Dr. Lucas knows better. “If you don’t address hormones, you’re missing a huge piece of the puzzle,” he says.

Estrogen, testosterone, progesterone, these aren’t just “sex hormones.” They directly control bone metabolism. When levels drop, bone breakdown speeds up. That’s why postmenopausal women are at much higher risk for osteoporosis. It’s not just aging—it’s a hormonal shift that causes bone loss to accelerate.

And here’s what a lot of doctors get wrong: They put women on low-dose hormone therapy, thinking it’s enough. Then those same women come back years later—still losing bone. Why?

Because the dose wasn’t high enough to activate the receptors in bone. “You need enough of these hormones to actually stimulate bone growth,” Dr. Lucas explains. “That’s why hormone optimization is a game-changer for bone health.”

This isn’t about blindly taking hormone replacement therapy (HRT). It’s about testing, optimizing, and personalizing, making sure your body has exactly what it needs to protect your bones.

Without that? No amount of calcium will stop the breakdown. Get the hormones right, and your bones will finally have what they need to rebuild.

## The Truth About Supplements: Most Are Useless

Dr. Doug Lucas is the first to admit it: the supplement industry is full of garbage.

“There’s a lot of snake oil out there,” he says. “A lot of products that claim to support bone health but have zero real research behind them.”

Most supplements are just expensive hope in a bottle—promising results without any real proof. That’s why Dr. Lucas only recommends clinically supported supplements. Products that have been tested in humans and actually show results. For his bone health patients, that means:

- **AlgaeCal Plus:** A plant-based, whole food source of 13 critical minerals and 3 vitamins, backed by human clinical studies.
- **D3 Complete:** Because vitamin D alone isn’t enough. Without the right balance of A, D, E, and K, your body can’t absorb and use calcium properly.
- **AlgaeCal Collagen:** A blend of 4 patented collagens that deliver a wide range of clinically supported benefits, including stronger bones.

“Most of my patients don’t want to take 20 different supplements,” Dr. Lucas says. “They want something simple that actually works. That’s why I focus on products that cover multiple bases at once.”

In other words? Quality over quantity. Because when it comes to bone health, you don’t need a shelf full of pills—you just need the right ones.

THEY TOLD YOU BONE LOSS IS INEVITABLE. THEY LIED.

## The Bottom Line: Bone Loss is Optional

For years, you've been told that bone loss is inevitable. That once low bone density sets in, there's nothing you can do. That your only options are risky 'treatments' or simply hoping your bones don't weaken any further.

But now you know the truth. Bone loss isn't just about aging—it's about imbalance. And when you correct that imbalance, you can rebuild bone.

Dr. Doug Lucas has seen it firsthand. Patients who were told they had no options, who believed their bone loss was permanent, came to him and took back control. Not with guesswork. Not with band-aid treatments. But by following a science-backed approach that actually works.

The question is: what will you do with this information? You have a choice. You can keep following the mainstream advice—taking calcium, avoiding exercise that challenges your bones, hoping for the best. Or you can take action.

- **Get tested.** If you don't know where your bone health stands, start with a DEXA scan.
- **Strengthen your bones with the right nutrition.** Make sure you're getting enough protein, healthy fats, and key bone-building nutrients.

- **Train your bones like your life depends on it—because it does.** Resistance training and impact exercises aren't optional if you want stronger bones.
- **Support your body with the right supplements.** Not all supplements are created equal. Dr. Lucas recommends AlgaeCal Plus and D3 Complete because they provide the full spectrum of nutrients your bones need.

This isn't about fighting aging. It's about taking control. Your bones are living tissue. They respond to what you do every single day.

Start today. Because the longer you wait, the harder it is to rebuild what you've lost. And the best part? You don't have to do it alone.

To learn more about Dr. Doug Lucas's approach to reversing bone loss, visit [www.youtube.com/@Dr\\_DougLucas](https://www.youtube.com/@Dr_DougLucas). Your bone health is in your hands. The choice is yours.

Scan the QR Code or visit [algaecal.info/dr-doug-lucas-interview](https://algaecal.info/dr-doug-lucas-interview) to see the full story



# Lavender Latte

A calming, caffeine-free drink with floral notes, perfect for a weekend brunch and naturally bone-friendly.



|             |              |
|-------------|--------------|
| PREP: 5 MIN | COOK: 25 MIN |
|-------------|--------------|

**Lavender Syrup**  
(makes 8-16 servings):

- 1 cup blueberries, fresh or frozen
- ¼ cup local honey
- 1½ cups water
- 1 Tbsp vanilla extract
- 2 Tbsp dried, culinary-grade lavender buds

**Latte** (1 serving):

- 8 oz milk of choice
- ¼ cup local honey

1. Add all syrup ingredients to a saucepan over medium heat. Bring to a boil, then reduce to low and simmer for 20 minutes, stirring occasionally to prevent sticking. Remove from heat and strain the mixture into a mason jar, pressing to extract as much liquid as possible. Store in the fridge for up to 1 month.
2. To make the latte: Steam 8 oz of your preferred milk with 1-2 tablespoons of lavender syrup. Pour into a mug, garnish with a pinch of lavender buds, and serve warm.

**PER SERVING** (1 latte made with milk): Calories: 169 | Fat: 7 g | Protein: 8 g | Sugar: 18 g | Carbs: 19 g | Fiber: 0.3 g | Sodium: 87 mg | Cholesterol: 27 mg | Potassium: 355 mg | Vitamin A: 382 IU | Vitamin C: 2 mg | Calcium: 286 mg | Iron: 0.1 mg |



# Shakshuka

A vibrant dish of simmered tomatoes and poached eggs. This flavorful favorite is perfect for breakfast, brunch, or anytime you need a hearty meal.



|                     |                     |
|---------------------|---------------------|
| <b>PREP:</b> 15 MIN | <b>COOK:</b> 45 MIN |
|---------------------|---------------------|

- 2 Tbsp olive oil
- 1 medium onion, diced
- 1 red bell pepper, diced
- 4 garlic cloves, chopped
- 2 tsp paprika
- 1 tsp cumin
- ¼ tsp chili powder
- 1 (28 oz) can whole peeled tomatoes
- 6 large eggs
- Salt and pepper, to taste
- Fresh cilantro and parsley, chopped

1. Heat olive oil in a sauté pan over medium heat. Add onion and bell pepper, cooking for 5 minutes until onion is translucent. Stir in garlic, paprika, cumin, and chili powder; cook for 1 more minute.
2. Add tomatoes with juice and break them up with a spoon. Season with salt and pepper and bring to a simmer.
3. Use your spoon to create 6 small wells and crack an egg into each one. Reduce heat to low and cook for 5–8 minutes, or until eggs are set to your preference. Cover the pan to speed up cooking, if needed.
4. Sprinkle with fresh cilantro and parsley before serving.

**MAKES 2 SERVINGS**

**PER SERVING** Calories: 352 | Fat: 17 g | Protein: 17 g | Sugar: 24 g | Carbs: 37 g | Fiber: 8 g | Sodium: 654 mg | Cholesterol: 327 mg | Potassium: 1482 mg | Vitamin A: 6002 IU | Vitamin C: 142 mg | Calcium: 144 mg | Iron: 4 mg |

Want the perfect gluten-free cornbread to pair with your Shakshuka? Scan the QR code below or visit [algaecal.info/gluten-free-corn-bread](https://algaecal.info/gluten-free-corn-bread) to grab the easy, delicious recipe!





# Grapefruit Brûlée

This bright, broiled treat is packed with vitamin C, and adds a touch of elegance to your everyday brunch.

**TOTAL TIME:** 10 MIN



Vegan



Dairy Free



Gluten Free

1 chilled grapefruit

1 Tbsp coconut sugar

¼ tsp cinnamon

Pinch of salt

1. Slice ½ inch off the top and bottom of the grapefruit to keep it stable (avoid cutting into the fruit). Cut in half crosswise. Remove seeds and loosen segments with a paring knife for easy eating—or use a grapefruit spoon to skip this step.
2. Sprinkle each half with cinnamon and coconut sugar. Use a kitchen torch to caramelize the top until golden. No torch? Pop it under the broiler briefly—just know it may warm the fruit. Finish with a pinch of salt and serve immediately.

**MAKES 1 SERVING**

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**PER SERVING** Calories: 150 | Fat: 0.4 g | Protein: 2 g | Sugar: 26 g | Carbs: 39 g | Fiber: 4 g | Sodium: 25 mg | Cholesterol: 0 mg | Potassium: 348 mg | Vitamin A: 2945 IU | Vitamin C: 80 mg | Calcium: 61 mg | Iron: 0.2 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:

Hi, I've done a little reading about Aloe Vera juice and how it can help with osteoporosis and inflammation. I'm intrigued by this. How much Aloe Vera juice is safe to consume every day?

**Trish A.** Algaecal Community Member

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A:

Aloe has been used medicinally for many millennia but good research has just appeared in the last couple of decades. The research on aloe and osteoporosis is new and scant. If companies are promoting it for bone health, they are overstating where we are in the research. That doesn't mean aloe won't rebuild bone, we simply don't know yet exactly what the benefits will be because there haven't been studies on people showing that long-term use is safe, effective, or what doses are best to build bone.

We do, however, have a couple of promising papers suggesting that it may be useful for promoting MicroRNAs that promote bone formation (osteoblasts) and inhibit bone resorption (osteoclasts). Hopefully, within the next few years, someone will do clinical research to see what the best dosages are and how effective it will be. But research is costly, and who benefits from something that cannot be patented?

**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:

How does having your thyroid removed impact calcium levels and osteoporosis?

**Tonia M.** Algaecal Community Member

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A:

The thyroid directly affects bone health by controlling bone formation and breakdown. Hyperthyroidism accelerates bone loss by increasing calcium release, while hypothyroidism slows bone turnover, reducing calcium availability. Both can disrupt calcium balance, weakening bones over time.

**Lara Pizzorno**

Q:

Dr. Emma, I recently read on WebMD a piece warning that seniors should not do squats. What is your opinion?

**Yvonne H.** Algaecal Community Member

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A:

I politely disagree with this entirely. Squats are a very functional movement that we should be able to do for the rest of our lives. They are a wonderful lower body strengthening exercise that can help assist us during our daily activities.

**Dr. Emma Gasinski**

# 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 35k 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

## 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 35,000+**  
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 dives into the anatomy and conditions of the spine in a can't-miss lecture, followed by a movement class with modified exercises tailored for spinal health.

And for those ready to take things up a notch, the **30-Day Fitness Challenge** is kicking off soon. Stay tuned...

## Join The Community Now!

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