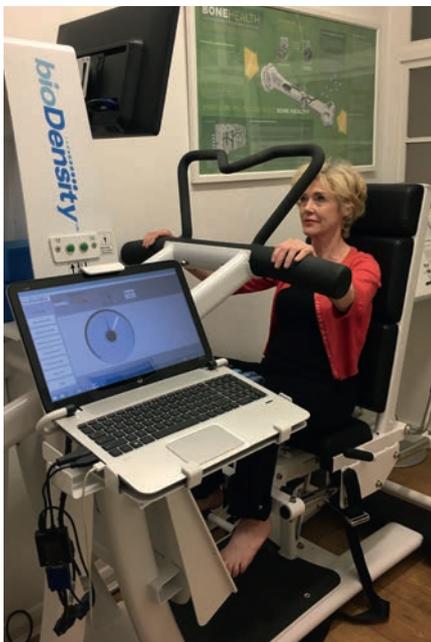


# Denise's story

*“A depressing diagnosis of osteopenia prompted Denise Taylor to get help from me at The bone Life Clinic”*

Vessy Zlatareva



**Denise:** “My mother was a good dancer and tennis player but eventually had a very bad time with severe osteoporosis, culminating in fractures of both hips and several spinal vertebrae. I would not wish anyone else to have to go through this.

My dexe scan in January 2015 showed a marked drop in bone density compared to the previous one taken three years earlier. I was very disappointed and spent a great deal of time researching possible methods to increase my bone density and quality before any further loss took place.

I would like to share my experience in increasing my own bone density over the last three years using a form of resistance weight training called Axial Bone Osteogenic Loading.

Fortunately, I came across research in USA about a machine called bioDensity to increase bone density for people with osteoporosis. This bioDensity machine allows safe loading of joints with heavy forces which replicate the impacts we receive as children and young adults and are associated with increased bone formation and increased muscular strength.

The bioDensity machine is distributed by Performance Health Systems and I will always be grateful to Vessy for introducing me to their machine. Vessy has taught me how to position myself on the machine and perform the required exercises which only take a few minutes. Her attention to detail is meticulous and produces great results.

I have been training on this machine around once a week since July 2015. After 18 months I had significant increases in bone density confirmed by dexe scans and my bone density has remained stable ever since.

Alongside osteogenic training Vessy has taught me 'PowerPlate' exercises, which are all designed to increase my flexibility and strengthen my spine. I always leave our sessions feeling taller, stronger and happy!

I hope that my story will raise awareness of the possible benefits of axial loading with bioDensity, which have helped me so much. They are based on sound physiological principles and can work as a stand-alone treatment in specific cases or together with osteoporosis medication. They can also be used as a preventative regime earlier in life.

A diagnosis of osteoporosis or osteopenia can be very depressing so it is helpful and empowering to feel there are options other than drugs and I hope you will find out for yourselves more about osteogenic training.”