



Wellness Wednesdays

Join Dr. Daryl Cooper with
Hudson Spine and Wellness Institute,
Osteoporosis Prevention Institute

Wednesdays, 7:00-8:00pm

1/11: 21 Day Detox
1/25: Fibromyalgia
2/8: Healthy Hormones
2/22: Digestive Health
3/7: Osteoporosis

Cost: Free!

Pre-registration is required

Osteoporosis Alternative: Find Out How to Begin Reversing Bone Loss in 60 Days

Osteoporosis is an epidemic that now causes more deaths in women annually than breast cancer. Osteoporosis related fractures will develop in half of all women and one-fifth of all men older than 65 years. Learn the side effects of drugs being prescribed for osteoporosis and how they can potentially increase fractures. Discover how the real cause of osteoporosis is primarily an inflammatory disorder associated with immune system dysfunction and not caused by calcium deficiency.

This workshop will teach you how to measure the rate at which you are losing bone. You will learn what the primary immune system stressors are that will cause excessive bone loss and how to correct them. You can then re-measure the rate at which bone is being lost in as little as 60 days to see if the corrections you have made in your lifestyle are having a positive effect on improving your bone health



To register, visit www.InspiringActions.com
or call 715.381.3148

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