



THE IMPORTANCE OF BONE MARKERS

KEITH MC CORMICK, DC AND
IRMA JENNINGS, INHC - HOLISTIC
BONE COACH

PDF TRANSCRIPT

Food For Healthy Bones®



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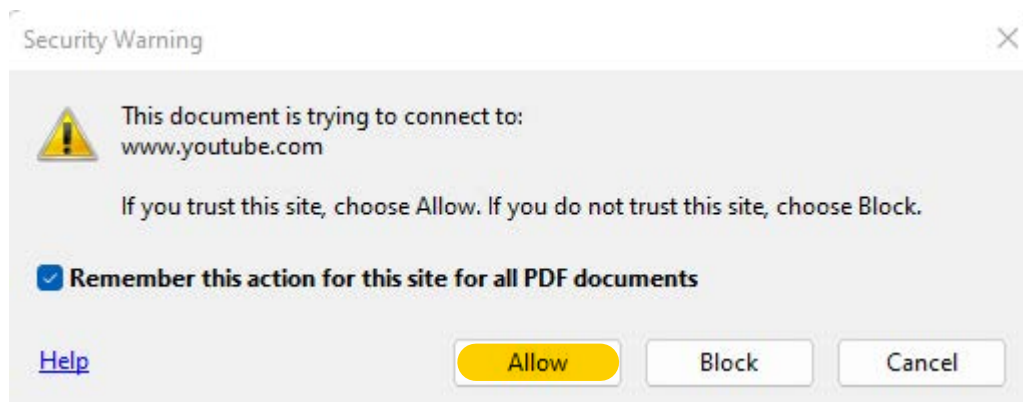
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THE IMPORTANCE OF BONE MARKERS WITH DR. MCCORMICK

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Irma Jennings' Story:

I began my journey with an osteopenia diagnosis in my fifties, and I was told, "You're going to go downhill fast, and you better take Fosamax," I declined. I'm in my 70s and my bones are still osteopenic, in my spine and my hips.

Dr. McCormick's Story:

Irma:

Dr. McCormick, do you want to tell a little bit about yourself and your history? I know there's so much to say.

Dr. M:

I found out I had osteoporosis at age 45, I had a lot of hip problems with that. The first bone density I had was -4.3 spine, and then it got a bit worse at -4.5. My hips weren't as bad there,

I can't remember maybe -2.7, -2.8, or something like that. Like you, they wanted to put me on different things. And I said, no. But then I just started to fracture a lot.



Dr. McCormick's Story continued...

And so I did go on Forteo, and then a short course of Fosamax, and that kind of pulled me out of the hole. That was 20-something years ago. I'm just staying right where I was after I got out of the hole. I haven't lost since then.

For 20 years I haven't lost anything and I'm not on any drugs. But like you, Irma, I think what's really important about your story is, that you were told you were going to get worse, and didn't. I did get worse.

You were able to stop your loss - I wasn't at the beginning. But then, I was at a much worse point by then. I was fracturing a lot. I had to, I didn't have a choice. But then, you get pulled out of the hole, and then you stay there. And that's what's the magic about doing what you do and helping people to get out of the hole.



Dr. McCormick's Story continuation...

But, I think what people don't realize - because their doctors, their medical doctors say, "Yeah, you gotta be on these drugs forever." - and that's not true. You know, the drugs are necessary sometimes, they're not necessary other times. But usually, if you have really bad bone density like mine, you can take them short-term, and then stay out of the hole without the drugs.

So, that's the important thing about that story.

Irma:

That's an important piece because it feels like a long-term investment in the pharmaceutical industry when you start on the bone medication, and it's not necessarily true.

And that's what opened up the conversation to bone markers.



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BONE MARKERS:

- ✓ **What are they?**
- ✓ **Who needs Them?**
- ✓ **How do we get them?**
- ✓ **How do we deal with doctor's resistance?**

This clickable transcript details SPECIFIC bone markers. Click on a topic of interest (in bold) in the table of contents and you're brought to that topic.

For a copy of the printable Bone Marker Hand out click the link below: <https://irmajennings.activehosted.com/series/788>

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Dr. McCormick's Fractures

Irma:

But, before we get there, how many fractures did you have?

Dr M:

Well, I had, I think just 12 or 15 in those five years after I found out I had osteoporosis, but over my life, I've had 22.

Irma:

Did you find your root cause for severe osteoporosis?

Dr M:

No, I mean, I think, like everybody, it's not one thing. I'm gluten sensitive, I'm not celiac growing up, and I sure didn't eat as well as everybody else. I have no idea what my bone density was when I was 15, 20, 25, 30, and 40 - I'd have no idea. So, it wasn't probably just the gluten. I train hard as you know, I do a lot of sports and I train really hard. That increases pro-inflammatory cytokines. But it's a combination of things.



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Dr. McCormick's Fractures continuation...

Dr M:

So yeah, it's not just the gluten for me, it was over-training and probably not eating well. So.

Irma:

So that gets into that whole thing about, "Well, if I'll just do my vibration plate," or "I'll just do yoga," or "I'll just do this..." And it's a whole picture, it's the whole body and the approach has to be through a whole mindset.

