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## Osteogenic Loading Offers Hope and Results for Type II Diabetes



by Derek Allbaugh October 3, 2015

Insulin Resistant Diabetes (aka Type II) is seriously no joke. With 35% of all twenty-plus year olds in the U.S. being pre-diabetic and 10% of the population already suffering from the disease, one would surmise that we have a bit of a problem. Add to that the over \$450 billion spent last year in healthcare costs from diabetes alone and we see the problem is getting out of control. But wait, there may be help. The latest research is proving that weekly use of the bioDensity™ system reduces Hemoglobin A1C levels (the blood marker for Diabetes) in non-medicated pre-diabetics far more effectively (900% more effective in fact) than any of the 25 other forms of exercise or rehabilitation tested. How could that be you ask? The secret exists in the physiological changes resulting from myofibril cell count increases which occur through use of the bioDensity™ machine. The increase in the number of myofibrils directly correlates with an increase in the number of insulin receptor sites. The more receptor sites we have, the more efficiently our bodies can utilize the insulin to drive the damaging sugars from our blood stream into our cells.

Did I mention that this process (used by all OsteoStrong locations) is 900%, or nine times, more effective at this than ANY other form of exercise tested? Because 28% of diabetics in the U.S. aren't even aware they have the disease, this could literally save billions in health care costs and save millions of lives.

If you have been reading this column you already know bioDensity™ protocol to be the most effective means of safely increasing bone density without the use of medications and their often nasty side effects. You are also aware that the OsteoStrong® process offers other benefits like relief from back and joint, degenerative disc disease, and loss of balance, flexibility and strength.

So what will research find next about the value of the OsteoStrong combination of therapies? From time to time I think to myself, "How can something so simple be so effective at helping with so many health concerns and goals?" But then I see the people it has helped, the countless testimonials from our members across the country, read the volumes of clinical research supporting OsteoStrong, and it sinks in again. This works!

How did this all begin? Just over a decade ago, one biomedical engineer (Dr. John Jaquish) had a vision of healing his mother's frail and weakening body caused by the devastating effects of Osteoporosis. This vision ultimately led to the manufacturing of the first BioDensity machine. And guess what? It worked! Fast forward a few years and we find the combination of the OsteoStrong system, including use of the bioDensity™ unit, not only increases bone mass, but dramatically improves muscle activation for everyone, from the young aspiring athlete to the 95 year old having difficulty stepping up a curb. The key to these muscular gains are in the bioDensity™ unit's ability to increase the number of myofibril cells within the muscle. This does not make the muscle bigger, like we see in weightlifting, but leads to permanently making the muscle more dense. A denser muscle will produce greater contraction and work more efficiently.

Having been in healthcare just shy of 25 years, I have seen many things come and go, as if being blown by the wind. I have witnessed the OsteoStrong protocol to be rock solid, and I am more than excited to be part of a time when people are becoming more and more proactive in their quest for safe and effective means of achieving better health and longevity.

Please take the time to stop by our office, say hello, and see what OsteoStrong is all about. I promise it is worth the time. See you soon!!

**Written by Derek Albrecht**



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