

Please read this first: *Responses are in [Blue] below from Mary Agnes, Margie's Marketing Director.*

IMPORTANT: *Margie and her team member, Mary Agnes offered information on this Q&A and below, in the transcript - neither of them are your personal medical team. Everything offered here is for educational purposes and must be seen through the lens of your personal health journey, with the support of your personal healthcare team.*

Finally, it would be almost impossible to answer the 900 questions sent in via the Zoom registration, the Q&A portal, the chat, and emailed to Mary Agnes personally. PLEASE consider joining Margie's membership. That is how you can have ongoing support as you integrate the important information and continue to get your questions answered.

Note: The chat was insanely long - 38 pages of commentary - It was too hard to navigate - I left questions that had direct answers or links I could provide. I hope this helps.

Welcome everyone. A hundred "hello" messages have been removed to save space :-)

Mary Agnes: Here's the link to the testing handout Margie referenced. Sorry - it took me a minute
https://margiebissinger.com/wp-content/uploads/2023/11/Happy_Bones_Roadmap_Workbook.pdf

00:15:54 Absolutely found the summit invaluable and I am a healthcare provider. Thank you

Mary Agnes: If any of you didn't get the Summit, we put it up on Margie's website for you all. You can purchase it here:
<https://www.happyboneshappyliife.com/more-natural-approaches-to-osteoporosis-and-bone-health-summit-2-0>

00:16:12 Thanks for gathering all of us! From Central New Jersey 🥰

00:17:21 I love how your flower arrangements changed throughout the summit. 😊

00:21:41 Will this be recorded for a future date? How can we get the Summit recording?

00:30:28 i paid for the summit and didn't get that

If we paid the \$79 but can't remember our password, how do we log in to it?

Mary Agnes: Someone posted here that she didn't get access to the summit, but she purchased it. Please use this link to reach Healthmeans - they'll help, I promise. <https://healthmeans.com/contact/>

00:37:18 Tanya: I am a member of happy bones club and purchased summit plus education last year. Did not purchase the education part this year - would it be helpful to do so if still available or am I getting the content already. Thank You

Mary Agnes: For Tanya - and everyone - I think YES - purchase the live education this year. It's so inexpensive... let me get you the link and a discount code.

Mary Agnes: HI EVERYONE - okay this is the link to Margie's LIVE Happy Bones Roadmap
<https://www.happyboneshappyliife.com/the-happy-bones-roadmap-optin-page-1-14099a29-3a00-4c5c-911c-b82f8f459834> and use the code SAVE150 so it will only be \$47 for you all ...

00:40:25 Keith McCormick offers a very comforting and encouraging view on the use of medications

Mary Agnes: Hi there. Here's the link to Margie's podcast with Dr. Keith McCormick on medications:
<https://margiebissinger.com/what-you-need-to-know-about-osteoporosis-medications-with-dr-r-keith-mccormick/>

00:46:47 Alison Freeman: can we get access to that course that dr. Kim Millman did?

Mary Agnes: Dr. Kim Millman has the program Margie just mentioned - Restore & Rebuild: 100 Days to Healthier Bones -<https://themillmanclinic.com/randr?affiliate=mbissinger>

She is giving the Happy Bones community a \$100 off (until February 19th) in addition to the early bird discount of \$300. USE COUPON CODE HAPPYBONES24 FOR THE EXTRA \$100 DISCOUNT.

00:52:31 What is the link to Margie's website please?

Mary Agnes: Here's the link to join her monthly membership:
<https://www.happyboneshappyliife.com/bones-club>

And her website is <https://margiebissinger.com/>

Mary Agnes: **AND if you didn't get the summer yet, we put it up on Margie's website for you also**
<https://www.happyboneshappyllife.com/more-natural-approaches-to-osteoporosis-and-bone-health-summit-2-0>

00:56:02 I just followed the link and purchased the RoadMaps program with the discount code - went through easily. Thought I would let you all know.

00:57:05 What exercise do you suggest?

Mary Agnes: **Safe Pilates flier -**
<https://www.bonehealthandosteoporosis.org/wp-content/uploads/Pilates.pdf>

Safe Yoga - <https://www.bonehealthandosteoporosis.org/wp-content/uploads/Yoga.pdf>

And here's the Osteoporosis Strength Training with Joan Pagano - 4 session class -
<https://www.happyboneshappyllife.com/strength-training-for-osteoporosis-4-week-class-replay>

And the Bone Strong Qi gong - 4-session class -
<https://www.happyboneshappyllife.com/4-weeks-bone-strong-qi-gong-replay>

Mary Agnes: Here's the Posture and Balance Bonus for you:
<https://drive.google.com/file/d/1Z29Pqty67hsmplAj4pvSMAGh3Gdiulf/view>

01:08:23 Matt? Qigong...please post

Mary Agnes: **Bone Strong Qi gong - 4-session class -**
<https://www.happyboneshappyllife.com/4-weeks-bone-strong-qi-gong-replay>

01:09:43 Wellen has a good online exercise program. About 110 a year or much less if you get it when they have a discount. <https://www.getwellen.com/>

Mary Agnes: <https://www.choosept.com/>

And <https://benefit.ca/>

Mary Agnes: **For supplements, you can get Margie's recommendation (and a great discount) in her Full Script store Existing:**
<https://us.fullscript.com/protocols/mbissinger-osteoporosis-and-bone-health-supplements>

New Account: <https://us.fullscript.com/welcome/mbissinger>

01:14:09 The Wod Skai bands needed for the 4-series exercise class are no longer available. Is there an alternative?

Mary Agnes: **Margie said she would update the page with a new link for the bands :)**

01:14:59 I have severe osteoporosis in the spine and hips. Should I avoid using a weighted vest?

01:15:01 Have you heard of Onero program from Australia for exercises, developed by Professor Belinda Beck?

01:15:54 My doc sent me to a PT to assess whether to use the weighted vest or not. In my case w/-3.5 spine DEXA she recommended only 1 pd of weight in the vest.

01:17:09 My "weighted vest" Is a backpack which I need for work. I have to carry my laptop and other items and it gets heavy!

Mary Agnes: **Here's the article re weight bearing:**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6929928/>

Mary Agnes: REMINDER: All input or advice, whether here from Margie or from other people in the CHAT - should be taken with a grain of salt and always go through YOUR PERSONAL HEALTHCARE TEAM.

01:21:31 Alison Driscoll: Important reminder, Mary Agnes.

01:21:59 how long is this talk

Mary Agnes: We're going to stop at 6pm ET (90 minutes)

01:22:45 I have to go but have enjoyed the information. Is there a replay?

Mary Agnes: **Yes, I'll get a replay out - with notes - asap - PROBABLY TOMORROW - please don't email me :)**

Mary Agnes: Re medication -

<https://margiebissinger.com/what-you-need-to-know-about-osteoporosis-medications-with-dr-r-keith-mccormick/>

01:23:50 I did osteostrong for 1 year but didn't show any improvement.

Mary Agnes: Video on Osteostrong from Bones Health & Science Lab at the University of Waterloo

<https://www.bing.com/videos/search?q=youtube+-+lora+giangregori+-+osteostromg&&view=detail&mid=8DE1B0883CBA005877528DE1B0883CBA00587752&&FORM=VDRVSR&PC=APPL>

01:23:56 Why aren't you telling people that a DEXA cannot be done on anyone with spinal abnormalities?

Mary Agnes: Margie isn't watching the chat loves - please no questions here.

Mary Agnes: This is the podcast with Claudia Tamas

<https://margiebissinger.com/empowering-your-bones-through-strength-training-with-dr-claudia-tamas/>

01:25:48 Joanne Klein: I submitted my question earlier in the week

Mary Agnes: Like Margie shared earlier - she got 900 questions - but she does a Q&A for her membership and those questions always get answered (because it's a smaller group)

<https://www.happyboneshappy.com/bones-club>

Mary Agnes: The issue of oxalates was covered during the summit. Did you guys hear that interview?

If not, you can still choose to own the Summit here: :

<https://www.happyboneshappy.com/more-natural-approaches-to-osteoporosis-and-bone-health-summit-2-0>

01:31:12 Is the Meridine (sp) vibration plate the one that costs \$3000??

01:32:46 Amazon have cheaper vibration plates

Mary Agnes: Vibration plates can be dangerous - Margie has done a ton of research on this, as she shared.

Mary Agnes: This is where I want to say please don't take one another's advice. The fact that you got a vibration plate for \$197 does not make it safe.

01:33:41 Yes, thank you Mary! and the chat recipients are awesome

ian cutts: The low intensity vibration studies over the last thirty years have been funded by grants and not the device manufacturers

01:35:08 I will go back and re-listen. Based on research 30Hz vertical vibration is good for bones if no other contraindication but high intensity can be a problem

Mary Agnes: You can find research that proves and disproves a million things, based on who funds the research

Mary Agnes: Look, I'm just saying, you're all sharing your experience. And that's okay- just take it all with a grain of salt. And ask your doctor / healthcare team.

01:39:03 @mary agnes - when i follow the link to Margies Fullscript, it prompts me to log onto my account. Can I access it once I log on?

Mary Agnes: Yes love. You have to create an account or access yours if you have one already

01:39:50 Love Natto with brown rice

01:40:13 Is good-tasting natto an oxymoron?

ian cutts: Low intensity vibration is vertical acceleration below 0.5g higher intensity vibrations is accelerations over 1.0g. Low intensity vibration is frequency around 30Hz and displacement (amplitude) around 100 to 200 micrometers. Marodyne and Juvent devices maintain a constant acceleration matched to the person using the devices.

Mary Agnes: With love and respect - it doesn't matter if Michael is a doctor - he's not YOUR doctor. So sharing the info is great, but please - no one has authority ...

Mary Agnes: Sign up for Margie's FullScrip account - and her two protocols are linked underneath here:

https://us.fullscript.com/welcome/mbissinger?source=shareable_protocol&source_record=VHJLYXRtZW5oUGxhblRlbXBsYXRlLTMyMjZ

Gut Protocol: <https://us.fullscript.com/protocols/mbissinger-healthy-gut-supplements>

Bone Protocol:

<https://us.fullscript.com/protocols/mbissinger-osteoporosis-and-bone-health-supplements>

01:41:32 Dr. McCormick has great supplements, too.

Mary Agnes: **He does - and - Margie keeps the highest every-day discount on Full Script I've ever seen**

01:42:06 Dr Keith McCormick's new book, Great Bones is an excellent, and comprehensive resource.

01:43:27 Ditto re McCormick's book; it is essential to me.

Mary Agnes: **Link to Keith McCormick's book:**

<https://www.osteonaturals.com/product-page/great-bones-taking-control-of-your-osteoporosis>

01:42:22 Thank you for this most valuable Q & A.

Mary Agnes: **For those who wanted to join the membership, with the private members' Q&A, that's here <https://www.happyboneshappy.com/bones-club>**

Mary Agnes: **The members' Q&A is 7/12 this month - just in a few days**

Membership link: <https://www.happyboneshappy.com/bones-club>

Own the summit link:

<https://www.happyboneshappy.com/more-natural-approaches-to-osteoporosis-and-bone-health-summit-2-0>

Happy Bones LIVE Roadmap:

<https://www.happyboneshappy.com/the-happy-bones-roadmap-optin-page-1-14099a29-3a00-4c5c-911c-b82f8f459834>

Bone Strong Qigong - 4-session class:

<https://www.happyboneshappy.com/4-weeks-bone-strong-qi-gong-replay>

Sign up for Margie's FullScrip account - and her protocols are linked underneath here:

https://us.fullscript.com/welcome/mbissinger?source=shareable_protocol&source_record=VHJLYXRtZW50UGxhblRlbXBsYXRRLTMyMjlz

Gut Protocol: <https://us.fullscript.com/protocols/mbissinger-healthy-gut-supplements>

Bone Protocol:

<https://us.fullscript.com/protocols/mbissinger-osteoporosis-and-bone-health-supplements>

Note from Mary Agnes But if you can't afford ANYTHING - deep dive into Margie's website.

www.MargieBissinger.com And here's her podcast: <https://margiebissinger.com/podcast/>