



A NOVEL MODALITY TO FACILITATE BONE DENSITY DEVELOPMENT

Better

Bones | Blood | Balance

What is bioDensity™

Better
Bones | Blood | Balance

SAFE - FAST – EFFECTIVE

High-Tech Exercised-Based Therapy designed to allow users to benefit from the healthy effects of loading the body with **significant force** without the risks associated with conventional weightlifting.

Produce Brief Maximal Force in 4 Positions:

1. forward using your hands
2. forward using your feet
3. upward using your knees
4. upward using your arms and legs together

WEEKLY, 1 SESSION, 10 MINUTES



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bioDensity™ Works

OSTEOGENIC LOADING

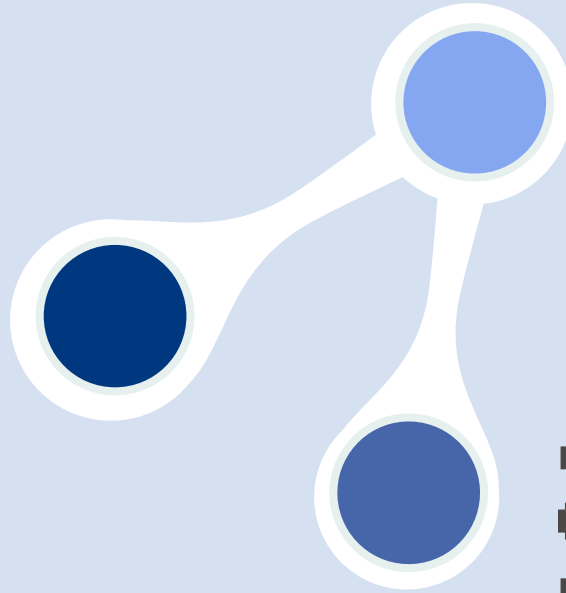
With over 1 million sessions safely completed, studies have shown bioDensity can help improve bone density, musculoskeletal strength, balance, posture and reduce A1c in type 2 diabetics.

bioDensity helps **PRESERVE, REBUILD, AND RECALCIFY BONE STRUCTURE.**

BUILT FOR BETTER LIVES.

The Benefits of bioDensity™

Improved Blood ■
Reduce Joint and Back Pain ■



■ Improved Bone Mineral Density
■ Improved Athletic Performance
■ Improved Functional Movement

■ Improved Posture
■ Improved Balance
■ Improved Muscular Strength

Better

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We Understand

Better

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WE ARE PASSIONATE about helping people to prevent or overcome some of world's chronic health challenges. Our products are worldwide used by major medical clinics and institutions, rehabilitation and therapy providers, fitness and wellness facilities, professional and educational sport programs and more. Our expertise is grounded in 15 years of product innovation, published scientific research and evidence-based practice. **BioDensity delivers the highest level of physical capability and freedom** through innovation, accessibility, and customer service built upon a raving fan culture.



Gale's story

“Strength training and new habits can help reduce your biological age no matter how old you are.”

Vesly Zlatanova



The medication side effects were very uncomfortable. I was taking a mixture of hormone and also so much less, particularly of my thyroid hormone. As a dancer, I know I have nervous about moving with the freedom I had felt before. The drugs began to take their toll on my general health. I knew I had to find a better way to feel feeling as empowered by the freedom my dance classes.

It's been amazing. The bioDensity reports show me that there has been a 20% increase in my strength since I began. I am also feeling more sure-footed and my balance has improved hugely. The fear of a future of being with brittle bones has hugely diminished and I am more confident in my body. Needless to say, I am back to dancing with the freedom my dance classes.

Dale: “I was diagnosed with osteoporosis about 12 years ago, when I was 53. I had no idea of the meaning and implications of the condition. I was merely told that I should exercise more. Shortly after my diagnosis I discovered a dance called Lense, also known as modern jazz, and I loved it. I had never enjoyed the gym, nor did I ever exercise consistently in my life, so finding something I enjoyed was a real revelation. I danced with joy and didn't forget about my apparent condition.”



However, in 2011 I was diagnosed with osteoporosis, almost by chance. I read my GP saying, “Don't worry we can reverse this. A good diet, exercise and a bisphosphonate medication (which may have side effects) will do it.”

I began to research different ways of doing that and discovered that two was an exercise machine in the USA called bioDensity, that had the promise of reversing osteoporosis. After lots of detective work in the UK, I found a bioDensity to use. I also found Vesly and her “Simply Strong for Life” Program. Vesly has changed my life in so many ways, for which I am unbelievably grateful.

Denise's story

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

Vesly Zlatanova



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 osteopenia. The 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 Vesly for introducing me to that machine. Vesly 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 several times a week since July 2015. After 18 months I had significant increases in bone density confirmed by dual scan and spent my own money to increase my bone density but have remained stable ever since.

Axiosonic osteogenic training Vesly has taught me “PowerPlate” exercises which are all designed to increase my flexibility and strengthen my spine. I always leave our sessions feeling fitter, 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 rather in its.

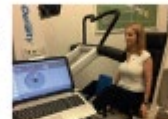
A diagnosis of osteoporosis or osteopenia can be very depressing as it is hidden and unappealing to feel there are nothing other than drugs and I hope you will find out for yourselves more about osteogenic training.”

Emma's story

“The shock of bone loss prompted action and when Emma discovered Vesly at The Bone Life Clinic her life changed.”

Vesly Zlatanova

Emma: “I'd always been pretty fit and very healthy - I'd never broken a bone in my life and I had gone to the gym fairly regularly for the past 10 years. So, when at 47 I was an ad for bone scans (also scary) at my local hospital, I'm not even sure now why I decided to have one. I think I expected to be told that I had wonderfully healthy bones and to be able to get myself on the track.



She is passionate about bone health and is on a mission to help people not only improve their bone density, posture and stability but increase awareness that we all can become stronger and live better with her program “Simply Strong for Life” that encourages the use of the bioDensity machine.

The bioDensity is a unique form of resistance weight training ensuring I am correctly positioned to achieve the maximum benefit. Over the past 10 months, my resistance strength has increased by over 200%.

In addition to the bioDensity machine, Vesly uses the Power Plate - Radio waves have significantly improved my stamina, balance and posture and have introduced me with a knee pain and foot problem that was becoming increasingly uncomfortable.

I love my results and feel in control of my bone health once again and relieved of the knee and foot pain. For the first time I'm looking forward to my next Dewar scan after more than a year of osteoporosis report results.”



What followed was a prescription for Hango Resistance Training and 10 colour cardio mats. In the US where my husband was sent on business, my doctor told me on bisphosphonate medication, preventing 100% improvement in bone density.

After 10 years on bisphosphonate medication I was told by a rheumatologist that five years was the recommended length of time to be on this medication. I asked if there might be a drug available which would prevent continued bone loss. It was told I should continue to exercise and continue taking calcium and to return if and when I broke a bone.

So it was a godsend for me to come across Vesly at the Bone Life Clinic.

I had just received a letter from the hospital telling me to contact my doctor immediately as I already had 20% bone loss.



When Powerful Changes Happen, People Notice

FRANK'S



Frank's T-score went from -2.9 to -2.8 over the past year; she was not taking any bisphosphonates during this time. Frank decided to keep going with her BioDensity workouts after a year "because they can't hurt, but can only help," in her view.

Though Frank's endocrinologist downplayed the improvement in her bone density scores, her family doctor couldn't disagree. "I believe, as does everyone in my office."

Dr. Jones

...onal biomechanics as they load through compression. Bone loading response (bone strength) is stimulated and ultimately increases. My patients are in control of the entire session and are never forced to strain – it's at their pace, and at their level. I have seen my patients' bone density over 8% in one year, which is a gain that is unparalleled by any other modality used in clinics today."

Kevin Hill, MD, FRCPC, General Practitioner

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Jeannie De...

I was diagnosed with Type 2 Diabetes several months ago. My A1C was at 7.7. I have been using BioDensity at BioBright in Palm Desert for about 2 months. After customer education to the program I went to have my 2nd blood test. The doctor was shocked. He said I am no longer diabetic; not even pre-diabetic. He said he's never seen anything like this before."

Jeannie S. BioBright Customer

Kevin Hall, MD, FRCPC, General Practitioner

...musculoskeletal benefits, balance and coordination, balance and stability are nothing short of astonishing. Osteogenic loading bone density is due to the BioDensity device. As a result, the BioDensity device is improving my life drastically. I studied medicine to help people, and BioDensity has touched the lives of many more people than I could ever hope to be able to help."

Jeffrey Be...

My physician told me one year ago to start taking drugs to deal with my severe osteoporosis. I told her that I wanted to try BioDensity and she said I would be wasting my money and in one year we would have to start taking the drugs. My one year DEXA results showed 5% improvement in spine and 6% improvement in the femur. BioDensity worked for me, I changed doctors."

Accredited Healthcare Customer

DR. DENISE RESEARCH

Changes in Bone Density after 12 Months

Data compiled from more than 150 case-research studies



Modality	Change in Bone Density (%)
None	0
Exercise	~1.5
Pharmacology	~2.5
Weight-bearing	~3.5
Light exercise	~4.5
Resistance training	~5.5
BioDensity	~8.5

As a researcher in the area of exercise and health, I have been impressed with the benefits of bioDensity and the physiological changes associated with using it on a weekly basis. In particular, I have seen important improvements in strength and activities of daily living in persons ranging in age from 18 to 93 years. The technology is sound, it is safe to use and well worth the small amount of time involved in using it.

John Schinner

and was silent. A...
 k identical to the first...
 exercised, watched my die...
 spine. I have come a lo...
 density will be part of my...

STRONG LIFE

At least 60% of those people with osteoporosis are not taking DRUGS.



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Contact Us



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