

To succeed in life, you need three things: a wishbone, a backbone, and a funny bone.

– Reba McEntire



BONE HEALTH MASTERCLASS

Bone loss is a preventable consequence of aging — yet we receive only a fraction of the information we need to address it effectively.

This course synthesizes the latest clinical evidence on bone health, exploring the hormonal environment, the gut-bone connection, the specific exercise protocols that actually build bone, the role of sleep and recovery, and an honest assessment of every class of osteoporosis medication.

What You'll Learn:

You'll discover the interventions and biological mechanisms that govern bone formation and breakdown, including why fracture prevention is also a falls problem, how the perimenopausal hormonal window drives silent bone loss, why bone is an endocrine organ that sends signals to the rest of the body, and what the research shows about nutrients, exercise, and medications.

The course provides actionable tools: practical exercise protocols with specific parameters, nutrient targets and supplement guidance, a sleep assessment workbook, and a complete checklist reference guide.

🍊 Practical Implementation

- Exercise prescriptions tested in clinical trials, with specific load and frequency
- Nutrient targets for each bone-critical mineral and vitamin, and why
- A sleep assessment workbook to identify and address your specific sleep issues
- A framework for evaluating medication options and having informed conversations with your physician

🧑‍🤝🧑 Informational AND Experiential/A Cohort-Based Course

Each chapter introduces evidence-based content with an invitation to apply what you're learning to your own situation. This isn't just book learning — you'll assess your own sleep, experiment with exercise protocols, and track what changes as we move through the material together.

Program Structure:

- 8 weekly chapters with video lessons and simple tracking questionnaires
- 5 live sessions (biweekly) - Tuesdays at 7 P Pacific; August 11, 25; Sept 8, 22; Oct 6
- Comprehensive resource library: details on exercise and diet, nutrients and lab tests

Investment: \$580; early bird \$480 until June 30– email dr.ashe@unconventionalmedicine.net