



Dr. Laura Kelly

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Dr. Laura's General Bone Health Recommendations

These are General Recommendation for Bone Health/fracture recovery provided for your information. Further personalization is recommended, especially if you have additional health issues.

CC: Osteoporosis, osteopenia, or fracture

Once you have fractured or started to lose bone mass a period of targeted therapeutic nutrition is recommended, anywhere from 3 months to 2 years.

Exercise is recommended in both fracture and bone loss; if fractured then work with a provider on exercise protocol, if bone loss is severe then work with your provider.

Nutrients

These recommendations contain vegan options.

If you are sensitive or have active autoimmune conditions, start with lower doses of supplements, particularly Vital Earth Trace minerals, and work up slowly.

Bone scaffold

- **Protein/collagen** – Truvani plant-based protein – 1-2 scoops/day depending on dietary intake. If exercising, protein/collagen intake should be 30g per meal (baseline average). Marine collagen can also be included in this.
- **Trace minerals** – Vital Earth Humic/Fulvic liquid – 2 capfuls/day
- **Vitamin C** – Garden of Life – 1 capsule/day
- **Silica** – Zemvelo – 1 tsp/day
- **DHA/Fish oil** - Nordic Naturals Pro Omega or Algae DHA – 2 capsules/day

Bone mineralization



- **Vitamin D** – Sunlight at midday (check timing at your location with mycircadian app) full body exposure 20 mins. **Sun exposure is superior to supplementing.** If you are supplementing: Pure Therapro D + K2 - 10 drops/day – must be adjusted based on your own personal vitamin D needs, you are aiming for 50-80 ng/ml.
- **Vitamin K2 Naturewise** – 1 gel morning, 1 gel evening
- **Magnesium** – New Chapter Magnesium + Ashwaganda 1/day, take separately from calcium. Recommend also 1-2x/week magnesium bath, Epsom salt or mg chloride.
- **Plant Calcium** – Pure Synergy Bone Renewal – 3-5 capsules/day depending on calcium intake from diet

Herbs for Bone Mending

Herbs have a long history of assisting bone healing and bone generation. These are science-backed recommendations that will speed up healing and increase quality of recovery.

Cissus Qadrangularis – Barlowe's Herbal Elixers, 3 capsules/day

Bone Mending Pills - <https://www.dimmakherbs.com/product/bone-mending-pills/> As directed on bottle. **Use in conjunction with Bone Mending Topical Poultice for fastest results**, caution: if on blood thinning medication use in concert with a practitioner and lower the dose.

Bone Mending Topical Poultice – great for distal fracture sites like feet and calves – **Custom Order from me, very effective, requires some preparation from you.**

Nettle/Comfrey/Cissus compress – use raw or dried herbs steeped in boiled water 15 minutes, soak washcloth and leave over fracture site for 20 minutes. Do not use comfrey if your liver enzymes are elevated or you have known liver issues. 3x/week will speed fracture healing.

Fun fact: drinking Pale Ale increases bone density and speeds healing due to the silicon + phytoestrogen content.

For women: phytoestrogens will speed healing if you are losing estrogen. If you do not know your risk for estrogen-dependent issues I suggest checking, ask me how. If safe, estrogen repletion will assist bone density and fracture recovery. Ensuring proper testosterone (T) levels will also help.

For men: low T can affect bone health and healing. If you have low T, increasing this will help speed your healing time. There are many herbal combinations that will assist your body in increasing T and sometimes T injection can be avoided. Ask me how.

Brief Bio

Doctor, CEO, Author, Advocate, Laura Kelly DAOM is a double-board certified Doctor of Oriental Medicine licensed to practice nationally in the US. She approaches medicine by looking at the function of natural human mechanisms rather than applying symptom-based



treatment. An avid advocate of personalization in medicine, she works within the Precision medicine paradigm in conjunction with Natural and Nutritional medicine. This brings the idea of "Prevention as Medicine" closer to reality and her work runs the gamut of precision natural medicine chronic disease reversal to research on targeted therapies for rare pediatric disorders.

Her first book, written for and with her mother Helen, *The Healthy Bones Nutrition Plan and Cookbook* has helped thousands of people understand and manage bone health naturally. Her second book, for Elsevier's Academic Press, is an overview of current and near-future medicine from the precision western medicine perspective, *The Implementation of Personalized Precision Medicine*, published Nov. 2024. Her third book, for Chelsea Green/Rizzoli is the next *Healthy Bones* book geared towards preventing and reversing osteoporosis naturally with plant-based eating, *The Healthy Bones Plant-Based Nutrition Plan and Cookbook*, published September 2024.

She is the Founder and CEO of Opal Health (www.opalhealth.com), a company she created to provide tools for consumers to understand and manage their own bone health. Self-healthcare is a necessity, and Opal provides curated and guided testing and results to help each individual understand and treat himself or herself with Nutritional and Natural medicine including genetics.

She is also the founder of Good Vulva (www.goodvulva.com), a women's wellness company geared towards sexual wellness into older age.

Laura lives and works in Topanga, California.