



Looking Beyond Bone Density

Supporting Bone Health

A personalised herbal medicine approach
to complement physiotherapy and medical care
for osteoporosis and osteopenia.



Looking beyond bone density

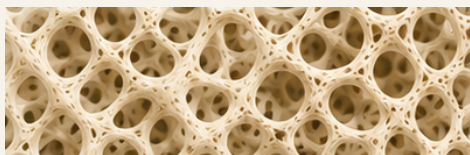
Bone is living tissue, constantly being renewed. In osteoporosis, **bone is lost faster than it is replaced**, increasing the risk of fractures.

Physiotherapy helps improve **strength, balance and mobility**. Appropriate weight-bearing and resistance exercise can also support bone strength.

Nutrition, hormones and other aspects of health matter too. Understanding these connections helps guide your care.

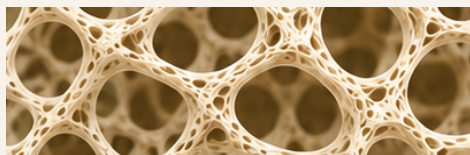
Understanding the difference

Healthy bone



Denser structure / Greater strength

Osteoporotic bone



More fragile structure / Higher fracture risk

What influences your bone health?

A complete picture of your health helps us identify what may be contributing to bone loss.

Hormonal health - Hormone changes and endocrine conditions.

Digestion - Gut health and how well you absorb nutrients.

Nutrition - Diet, key nutrients and possible deficiencies.

Muscles & exercise - Strength, activity and balance.

Immune health - Inflammation and immune function.

Kidney & liver health - Their role in processing nutrients and minerals.

Medicines - Reviewing medicines and supplements as part of your care.

Occupation - Physical demands and workplace exposures.

Lifestyle - Sleep, stress, smoking and alcohol.

Family history - Osteoporosis or fractures in your family.

Supporting stronger bones and better health

We address the factors contributing to bone loss and support the systems that help keep bones strong.

Bone renewal

Supporting the balance between bone breakdown and new bone formation.

Immune and endocrine health

Supporting hormonal balance, healthy immune function and the regulation of inflammation - all important for bone renewal and strength.

Muscle and connective tissue health

Supporting the muscles and tissues that protect your bones, keep you steady and help you stay active.

Mobility and independence

Helping you maintain strength, confidence and everyday activity as you age.

Your care complements the work of your GP, consultant and physiotherapist.

Your care at Wildberry Clinic

We bring together your health history, current concerns and goals to shape your treatment plan.

Personalised herbal medicine

Herbal prescriptions selected for your health needs, taking account of your medical history, current medicines and treatment goals.

Nutritional guidance

Practical advice on food, protein and key nutrients, considering your digestion, dietary preferences and any nutritional gaps.

Exercise and daily habits

Support with daily routines, sleep and activity, alongside your physiotherapist's advice on strength, balance and appropriate exercise.

Follow-up and review

Regular reviews to discuss how you are feeling, assess progress and adjust your plan as your needs change.

Take the next step for your bone health

Contact Wildberry Clinic to arrange a consultation or find out more about personalised care for your bone health.

Your body, your goals, your future.

WILDBERRY CLINIC

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