



The Bone Building Power of Foods & Supplements

How to Eat, Supplement, and Nourish Your
Way to Strong, Resilient Bones at Any Age!

Welcome to the Bone-Building Kitchen!

Hey beautiful human! It's Trisbrina here - and we're about to show you that bone health isn't just about movement (though we love that part too!). It's about what you feed your bones, your marrow, and your LIFE FORCE.

Did you know that after age 50, up to **1 in 2 women and 1 in 4 men will break a bone due to osteoporosis?** And that bone loss can begin as early as your 30s?

But here's the empowering part: **your bones are LIVING tissue.** They regenerate constantly. And you have so much more power to influence that than you've been told.

So grab your green juice or your herbal tea, and let's explore the delicious, science-backed path to strong bones.



Let's dive in!

Trisbrina

In the following pages, you'll discover the most powerful bone-supporting nutrients, foods, and natural supplements that work in harmony with your body to **fuel bone regeneration**, nourish your marrow, and enhance calcium absorption.

These aren't just tips, they're **time-tested strategies** backed by science and tradition.

You'll learn how to reduce hidden inflammation that weakens bones, and how to naturally accelerate your body's ability to build and maintain a strong, resilient skeletal system.

Whether you're looking **to protect your bones** as you age or rebuild strength you've lost, these insights can help you take real, empowered action starting today.



Strong Bones Start in the Kitchen - Not Just the Gym!

Strong, healthy bones don't just happen with age, they're built through the **consistent choices we make every day**. What you eat and how you nourish your body plays a *massive* role in the strength, density, and resilience of your bones.

While exercise and movement stimulate bone regeneration, it's the nutrients you give your body (through food and supplementation) that provide the raw materials needed to **repair, rebuild, and fortify** your skeletal structure.

Sadly, many people, especially as they age, unknowingly fall short on key nutrients that bones **depend on** to stay strong. Pair that with a modern diet high in processed foods, sugar, and inflammatory oils, and you've got a recipe for silent bone loss.

But the great news is -- again -- this is completely reversible.

By making smart, delicious upgrades to your meals and adding targeted supplements, **you can reawaken your body's natural ability** to build and maintain strong, vibrant bones - at any age.

To be clear, it's not about restriction, it's about wise nourishment and giving your bones what they've been craving all along.



Below is a list of the Top Nutrients for Bone Regeneration & Marrow Vitality.

You'll discover why each nutrient is essential for building strong, resilient bones, plus the best food sources to find them and a handy "good to know" tip to help you make the most of each one.

Top Nutrients for Bone Regeneration & Marrow Vitality

Here are the key nutrients your bones and marrow absolutely LOVE.

Nutrient	Why It Matters	Food Sources	Supplement Tip
Calcium	Builds hard bone structure	Leafy greens, sardines, almonds	Use citrate or malate forms for better absorption
Vitamin D3	Helps your body absorb calcium	Sunlight, mushrooms, salmon	D3 with K2 is best for calcium regulation
Vitamin K2	Guides calcium to bones (not arteries!)	Natto, eggs, fermented foods	MK-7 is the most bioavailable form
Magnesium	Activates vitamin D and supports bone flexibility	Pumpkin seeds, dark chocolate, avocado	Look for glycinate or malate forms
Boron	Reduces bone loss, supports hormones	Prunes, apples, nuts	Helps retain calcium, magnesium, and vitamin D
Collagen	Gives bones flexibility and tensile strength	Bone broth, wild fish skin	Hydrolyzed collagen peptides are easily absorbed
Omega-3s	Reduces bone-damaging inflammation	Chia, flax, salmon	Try algae-based omega-3s if plant-based

Delicious Bone-Loving Recipes & Rituals

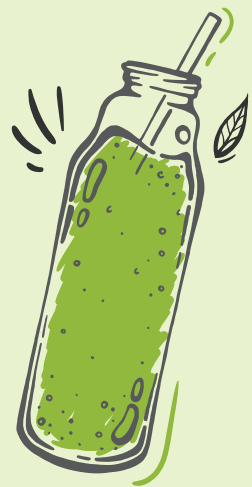
We're sharing these suggestions with you because we've seen firsthand how the right nutrients can **completely shift** someone's energy, posture, and confidence... not just in theory, but in real life.

When you start feeding your bones what they need, something powerful happens... you feel stronger, more grounded, and more alive in your body.

That's why, whether you're just getting started or looking to take your bone health to the next level, these "quick and easy" recipes and rituals are a great way to turn nutrients into healing habits:

1. Bone Builder Smoothie

- 🦴 ½ cup organic almond milk
- 🦴 1 tbsp chia seeds
- 🦴 ½ banana
- 🦴 Handful of spinach
- 🦴 Scoop of collagen peptides
- 🦴 Dash of cinnamon
- 🦴 Blend and sip while standing in your power pose!



2. Mineral-Rich Marrow Broth (Vegan or Bone-Based)

- 🌿 If bone-based: simmer grass-fed bones with garlic, onion, apple cider vinegar, and turmeric for 24 hours
- 🌿 For vegan: Use nettles, kelp, dulse, reishi, and shiitake mushrooms in a long simmer with miso and sea salt
- 🌿 Drink 1 cup daily for marrow nourishment and immune strength!



3. Trisbrina's Golden Turmeric Tea

- 🌿 1 cup hot almond or oat milk
- 🌿 ½ tsp turmeric + pinch of black pepper
- 🌿 1 tsp raw honey (optional)
- 🌿 Sprinkle of cinnamon and grated ginger
- 🌿 Supports anti-inflammatory healing AND tastes like a cozy hug!






Resources, References & Where to Learn More





Top Brands We Love (Always Check With Your Practitioner):

-  Magnesium: <https://www.thorne.com/explore/magnesium>
-  Collagen Peptides: <https://www.vitalproteins.com>
-  Vegan Omega-3: <https://nestednaturals.com>
-  K2+D3 combo: <https://www.thorne.com>

More Reading & Bone-Smart Tools:

-  <https://www.nof.org> (National Osteoporosis Foundation)
-  <https://chriskresser.com> (Functional medicine perspective on nutrients)
-  <https://pubmed.ncbi.nlm.nih.gov> (for studies)




References:

-  National Osteoporosis Foundation:
<https://www.bonehealthandosteoporosis.org/news/osteoporosis>
-  PubMed Study: "Vitamin K2 and Bone Health" -
<https://pubmed.ncbi.nlm.nih.gov/23432150>
-  Harvard Health:
<https://www.health.harvard.edu/staying-healthy/3-nutrients-that-are-essential-for-bone-health>
-  "Nutrition for Healthy Bones" a great book by Dr. Susan Brown, Better Bones Institute

Satori Method™ Founders

Tristan and Sabrina Truscott, the co-founders of Satori Method, have developed a distinctive mind-body-spirit training system.

This system integrates movement, mindset, and meditation principles to help individuals achieve:

-  A strong and healthy body.
-  A clear and focused mind.
-  A harmonious connection between mind and body, facilitating access to one's spirit and an awakened lifestyle.

At Satori Method™, we emphasize the integration of healthy Mind-Body-Spirit practices into daily routines for sustained Everyday Health & Happiness!



Additional Satori Method™ Life-Force Boosting Programs

Click the links below to learn more - or type the URL to visit the web page:



Good Morning Good Evening Qigong: <https://satorimethod.com/qigong>



Satori Qigong: The Flow Form: <https://satorimethod.com/flow>



The Art of Mushin Meditation: <https://satorimethod.com/meditation>



Your Happy Healthy Back: <https://satorimethod.com/happyback>



Satori Qigong Certification: <https://satorimethod.com/certification>