

March 20, 2017

Hi,

My name is Jean McLean. I am 78 years old and I live in Burnaby, BC.

I started having bone density scans approximately 20 years ago. I will be reporting the percentages in my talk and T and Z scores in my write up.

I have no results in my files previous to April 2005. However in 2005 the bone density had remained stable from previous tests as early as 1995 as 'osteopenia'.

I had been taking good quality calcium pills from the Health Food Store for a number of years prior and continued to do so. Then in October 2006 my system went into overdrive and I was diagnosed as "Hyperthyroid". In April 2007 I had my bone density scan done, the loss being

**LOSS April 2007: Lumbar: 8%
Femur: 4%**

In only two years that's a substantial loss.

Especially since I had been taking calcium pills for years. Needless to say I almost panicked so started Googling for answers. I came across AlgaeCal Plus and Strontium. I ordered both immediately and started taking them as soon as

they arrived. 2 AlgaeCal Plus in the morning and 2 at dinnertime and 3 Strontium at bedtime.

I was anxious to see the results. So my Doctor (who has been very supportive) was instrumental in obtaining a scan within one year so in

**April 2008, Gains: Lumbar: 11.9%
Femur: 8.9%**

I was ecstatic!

Up until the diagnoses of hyperthyroidism in 2007 I had been vegetarian and used minimal dairy for approximately 20 years. However I went back to eating meat and fish as I required more protein than I was getting from a vegetarian diet. Due to allergies and sensitivity to dairy, I have now stopped using all dairy products. Next scans were in

**April 2010, Gains: Lumbar: 6%
Femur: 5%**

In April 2013 (three years later as my medical plan no longer pays for scans every two years). ** note this was a new and different machine so percentages were unavailable for comparisons. However, the gain in Lumbar was approximately 6-8% and Femur 4-6%. The next scans were in

**March 2016, Gains: Lumbar: 8%
Femur: 6%**

I had continued taking 4 AlgaeCal Plus daily and 3 Strontium as I've been concentrating on building jaw bone because of a bone loss due to a tooth infection.

Approximately 6 years ago I had an infection in a bottom front tooth which had festered for many months due to poor dental care by Specialists.

The jaw bone under the tooth was none existent at that point and the tooth was extremely wobbly. The procedure to remove, clean up the infection and replace the tooth was going to be extremely painful and very costly as I have all my teeth capped. So I opted for a root canal (which I was advised against) and a couple of antibiotic prescriptions. Then a daily oil pulling for a couple of years to clean up the infection.

Then a completion of the root canal. I had the tooth checked every six months by my Endodontist till last August 2016. The X-ray showed that the bone has been developing nicely and the tooth is almost stationery.

I continue taking 4 AlgaeCal and 3 Strontium daily as I want my T scores to be in the + range. I'm very pleased with my bone density and am definitely committed to AlgaeCal and Strontium.

Also a BIG thank you to Dean & Company for

developing such amazing products!

I do hope my testimonial inspires you to give AlgaeCal and Strontium a try as you will definitely see changes in your DXA scans.

For those interested in my T and Z scores please read my write up.

The comparison from April 2007 – 2016 is truly amazing.

For those wondering what T score and Z score means:

T is comparison with 20-30 year olds and Z is comparison with peers! Thank you for your time and best wishes for successful DXA scans.

My Scores in April 2005:	T scores	Z scores
Lumbar:	-1.9	+0.1
Femur:	-1.1	+0.2

My Scores in April 2007:	T score	Z score
Lumbar:	-2.3	-0.3
Femur:	-1.3	+0.1

My Scores in April 2008:	T score	Z score
Lumbar:	-1.5	-0.5
Femur:	-0.7	-0.7

My Scores in April 2010:	T score	Z score
Lumbar:	-1.2	+1.0
Femur:	-0.5	+1.0

My Scores in April 2013:	T score	Z score
Lumbar:	-0.8	+1.5

Total Proximal Femur:	-0.7	+1.0
Femoral Neck:	-1.4	+0.6

My Scores in March 2016:	T score	Z score
Lumbar:	-0.2	+2.4
Total Proximal Femur:	-0.3	+1.6
Femoral Neck:	-1.2	+1.0