

# Taking on my Osteoporosis



QS - Dublin

Self Knowledge Through  
Numbers

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# DEXA Scan - 2013

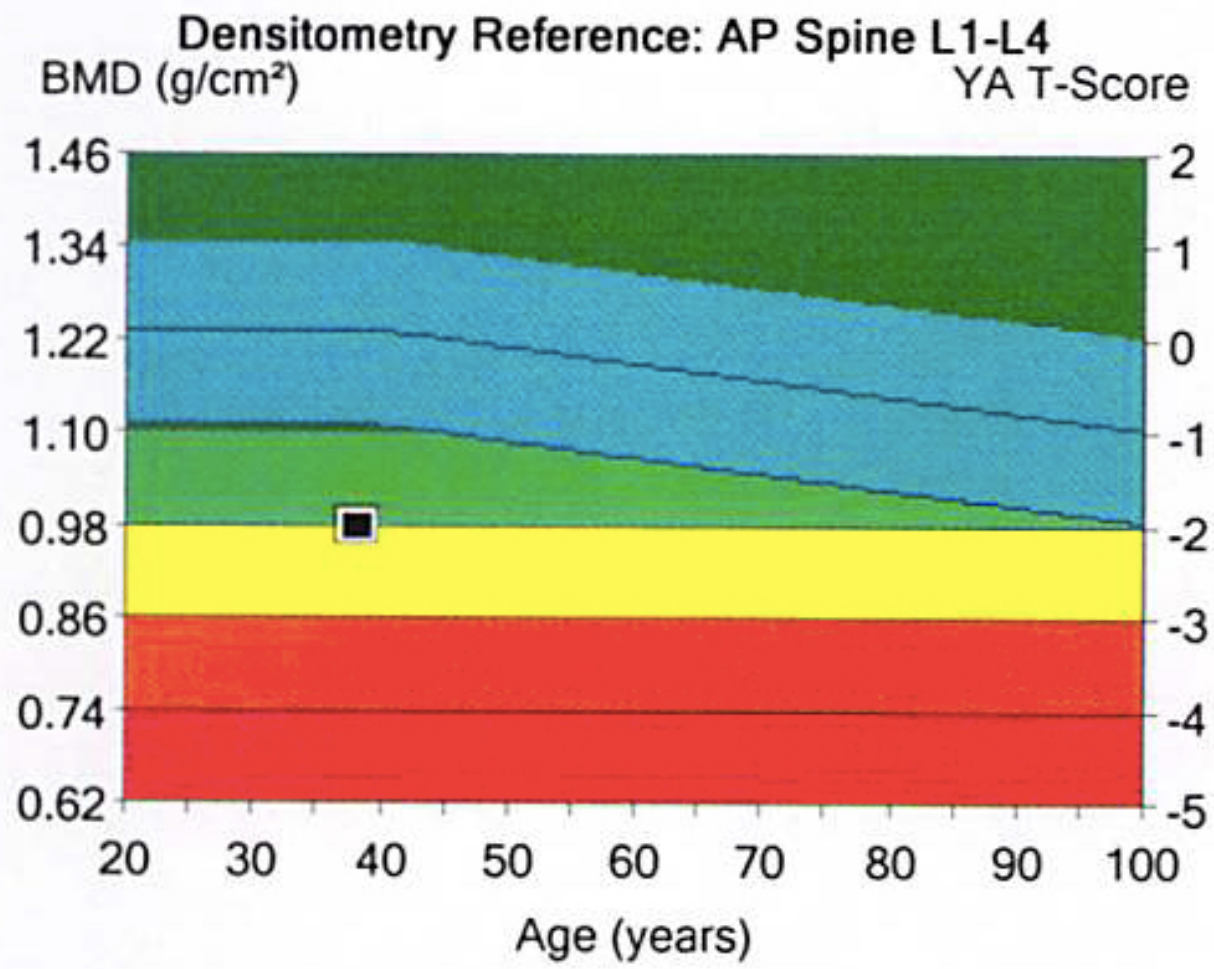
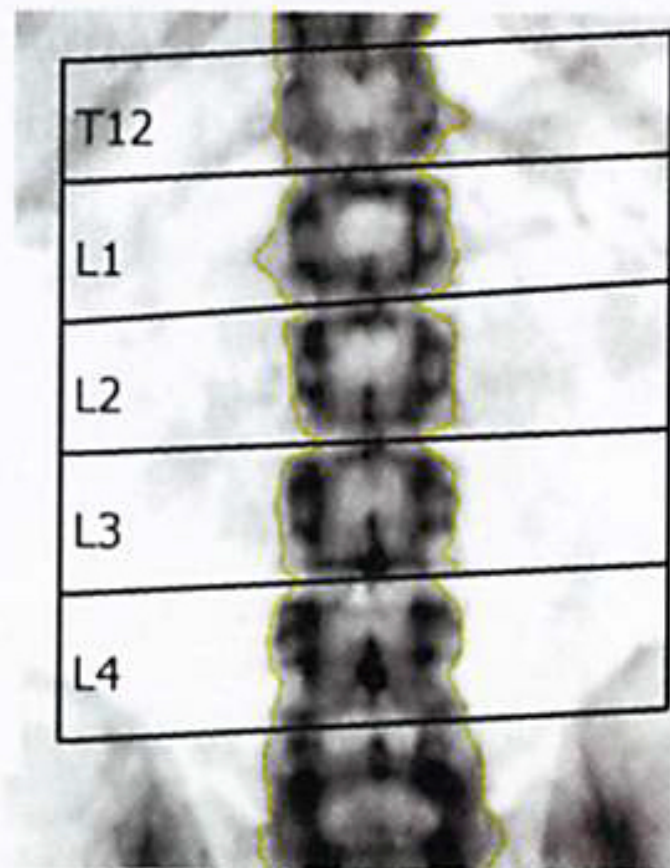
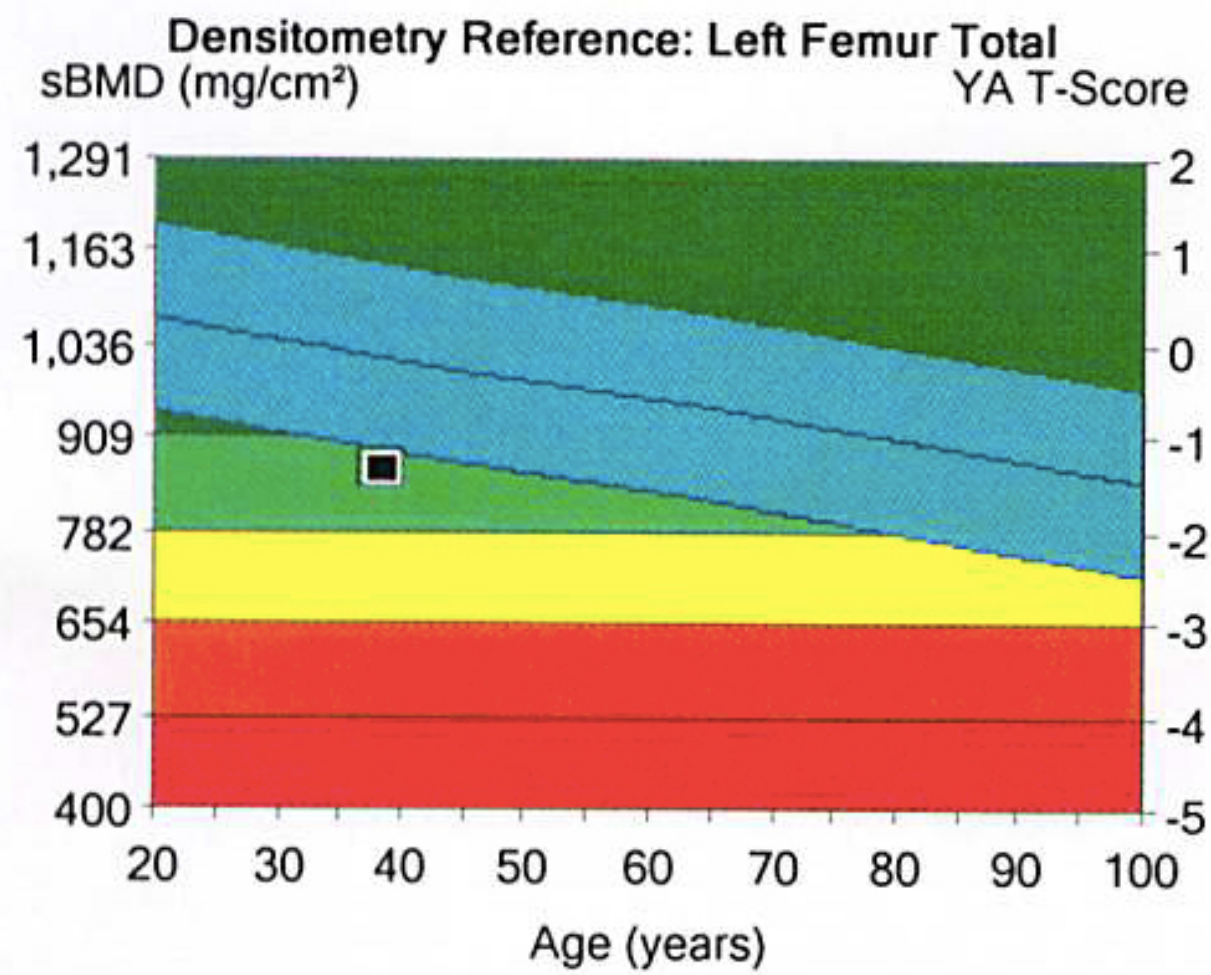
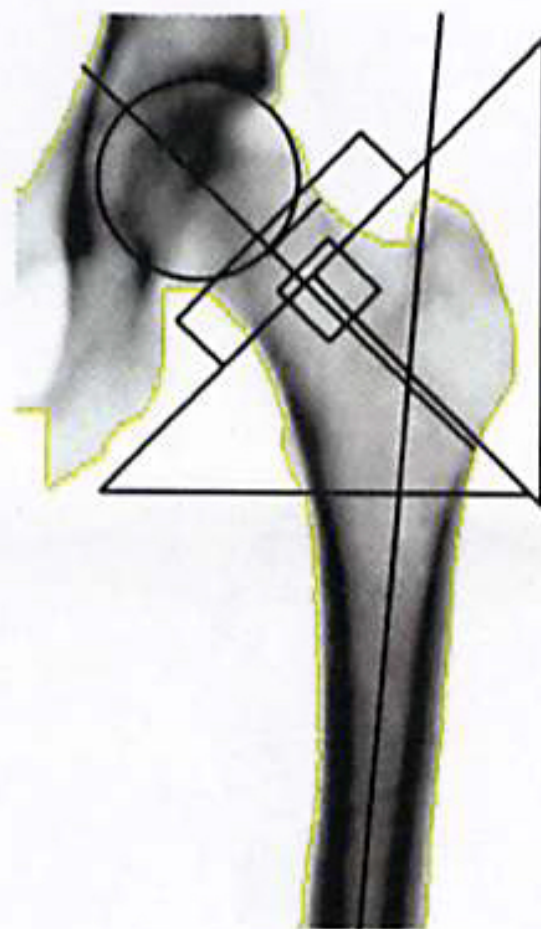


Image not for diagnosis



# DEXA Scan - 2013



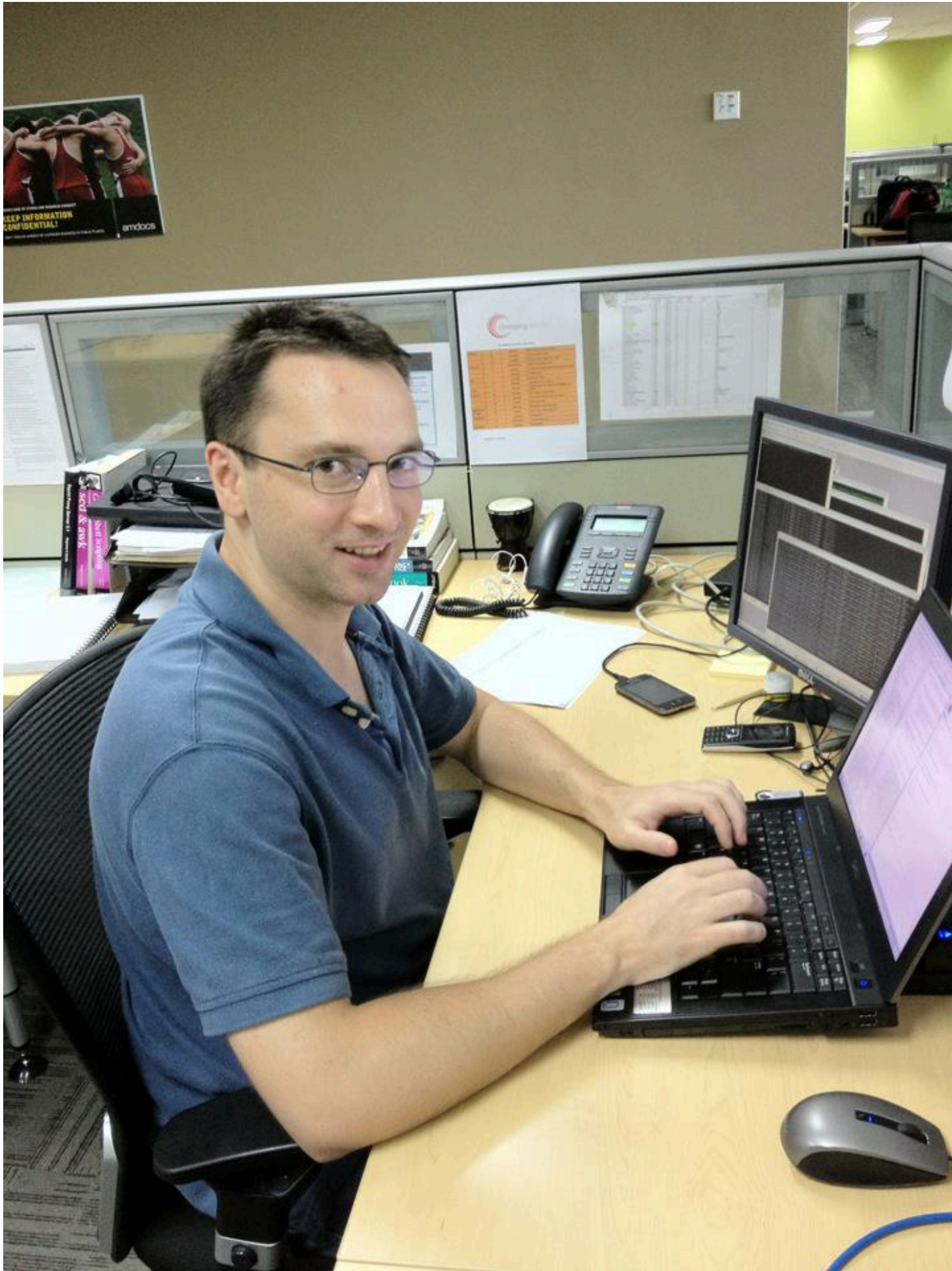
Normal

Osteoporosis

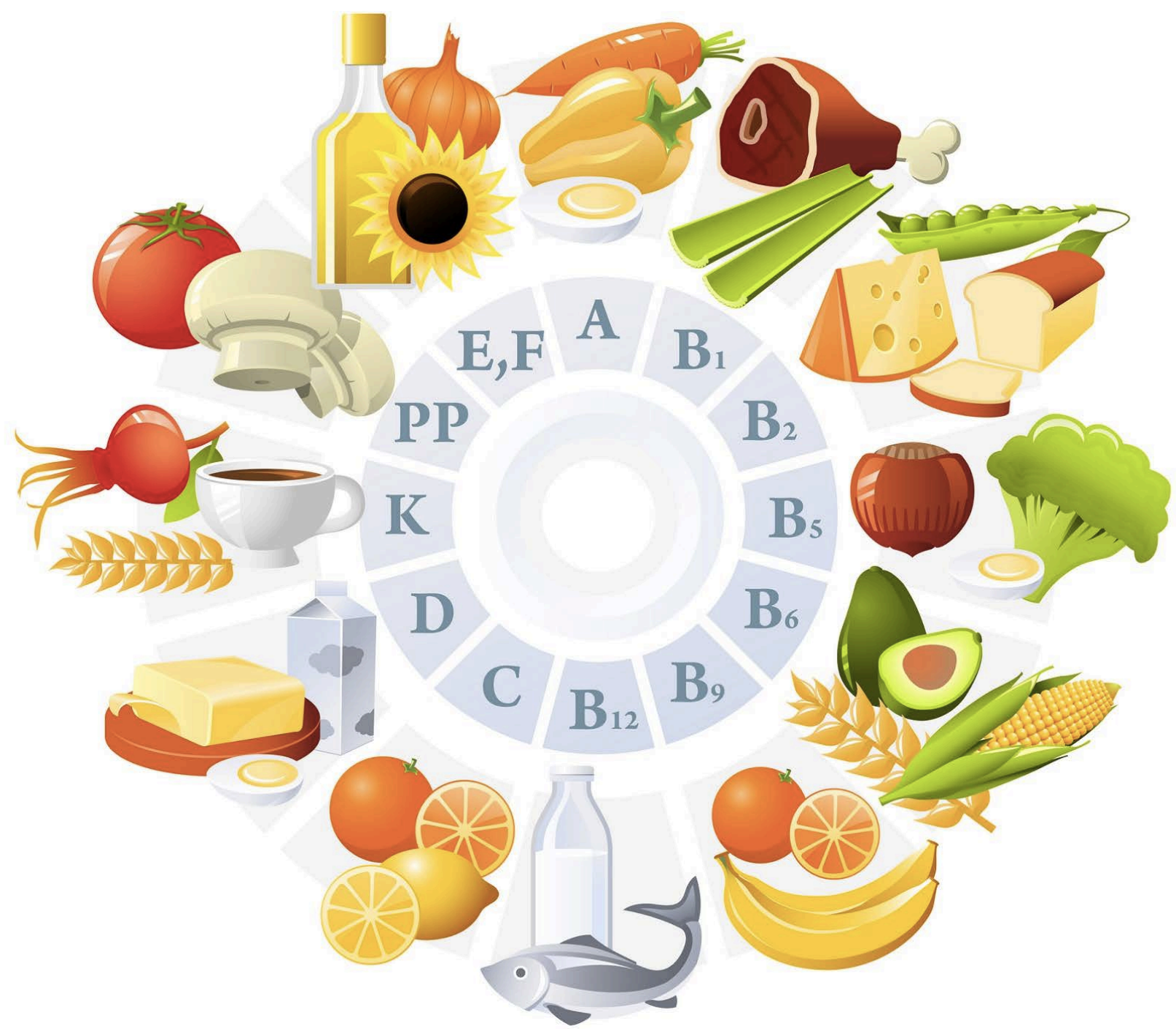
# Recommendation...



# Osteoperosis - Reasons?

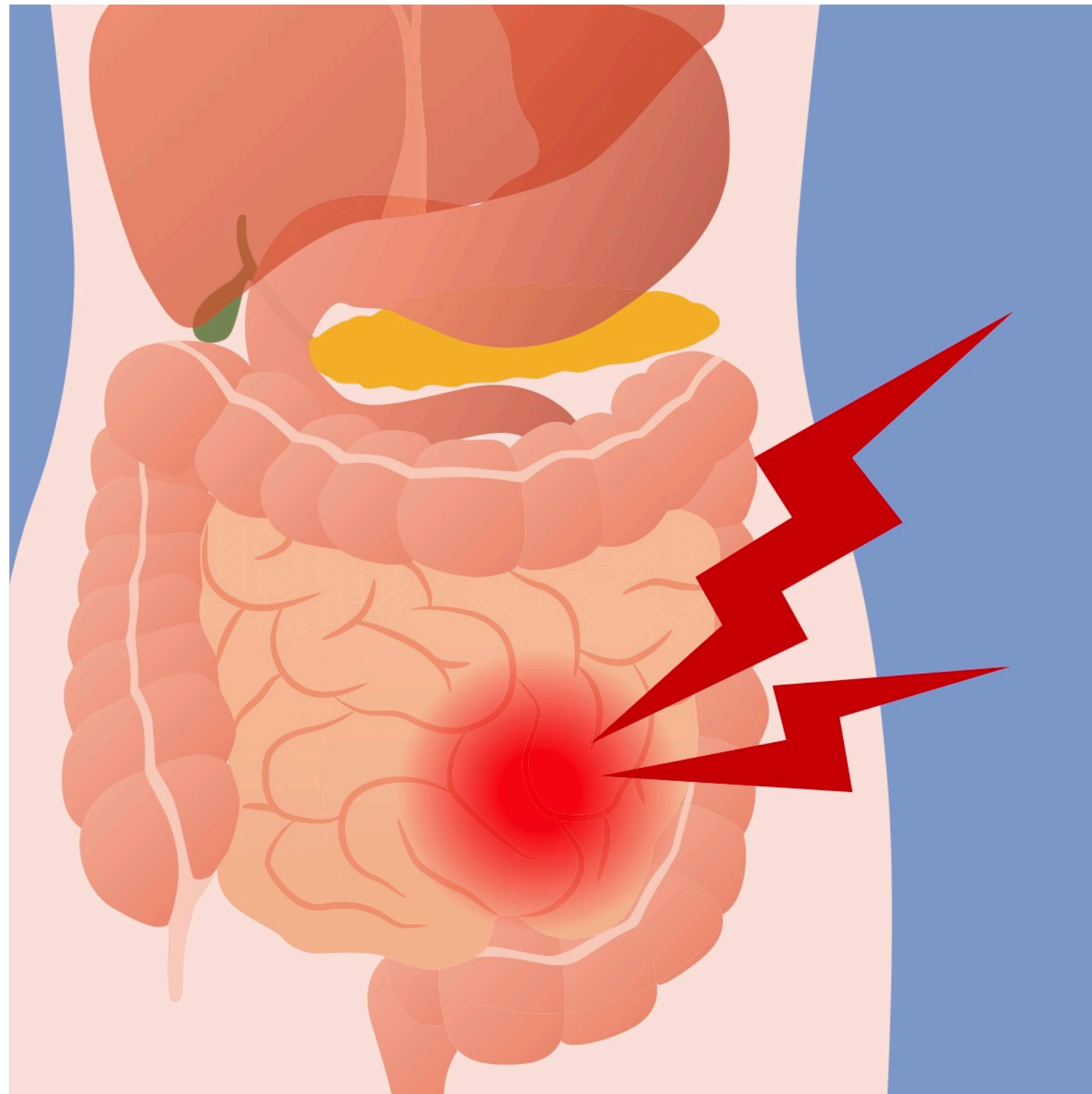


# Bone Health Needs....



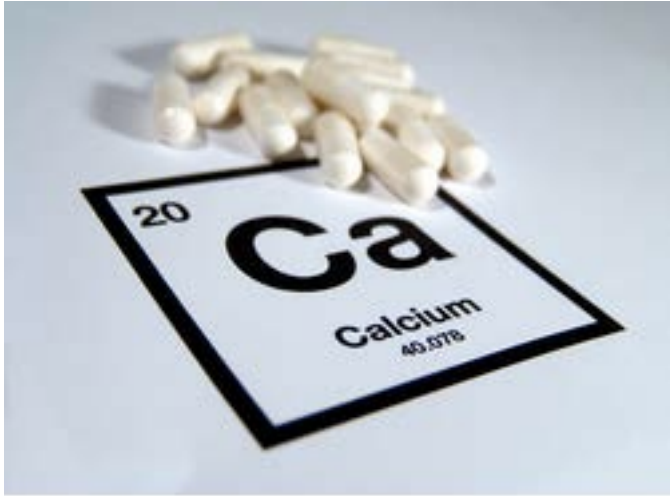
What is Unique to Me?

# Irritable Bowel Syndrome?





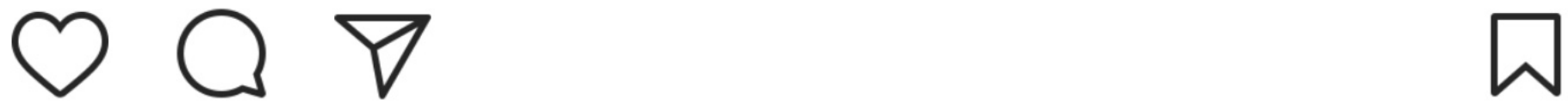
# Irritable Bowel Syndrome?



# Irritable Bowel Syndrome - Clean Diet



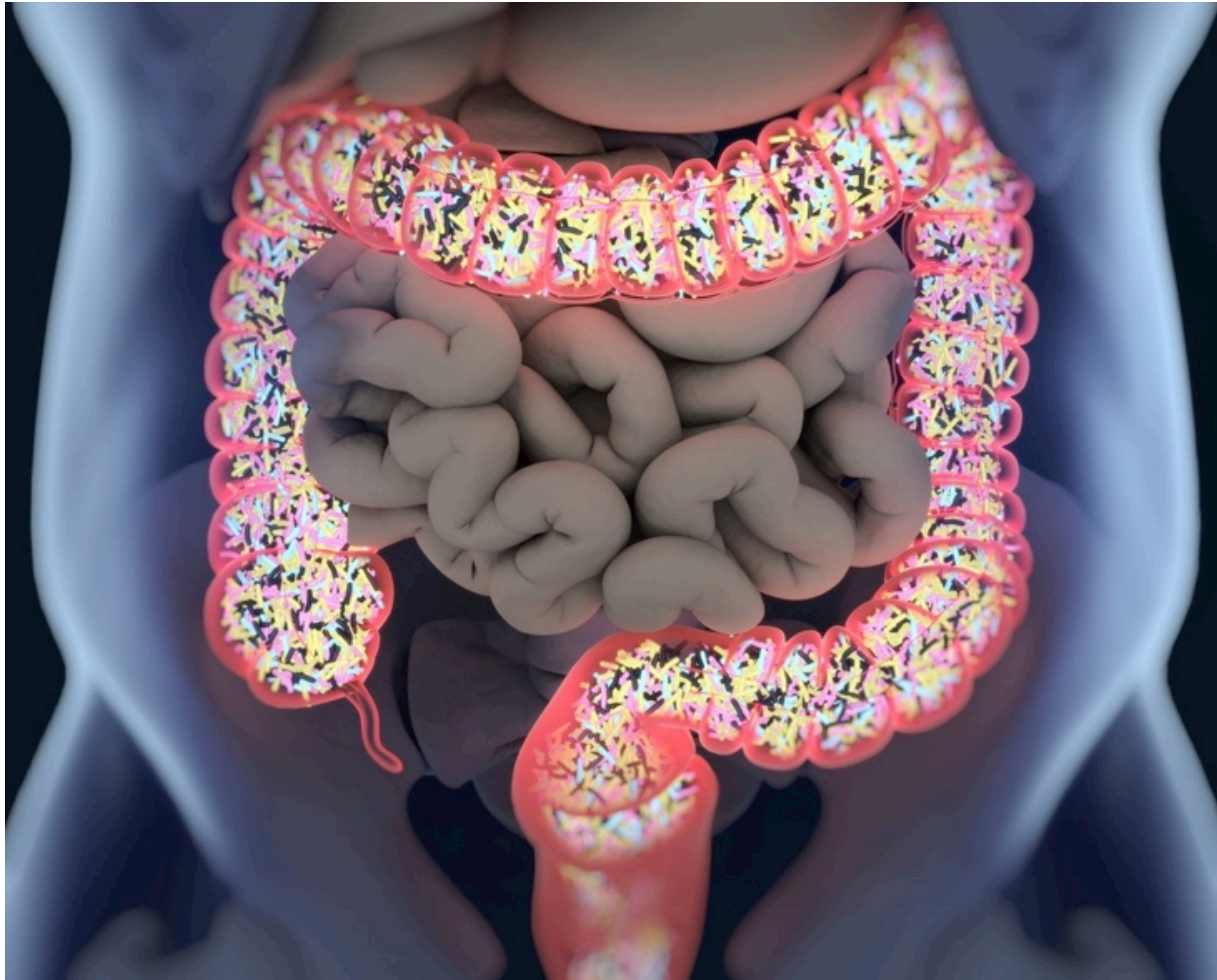
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The Happy Pear Greystones



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# Microbiome Impacting Bone Health?



# Microbiome?



# Microbiome?



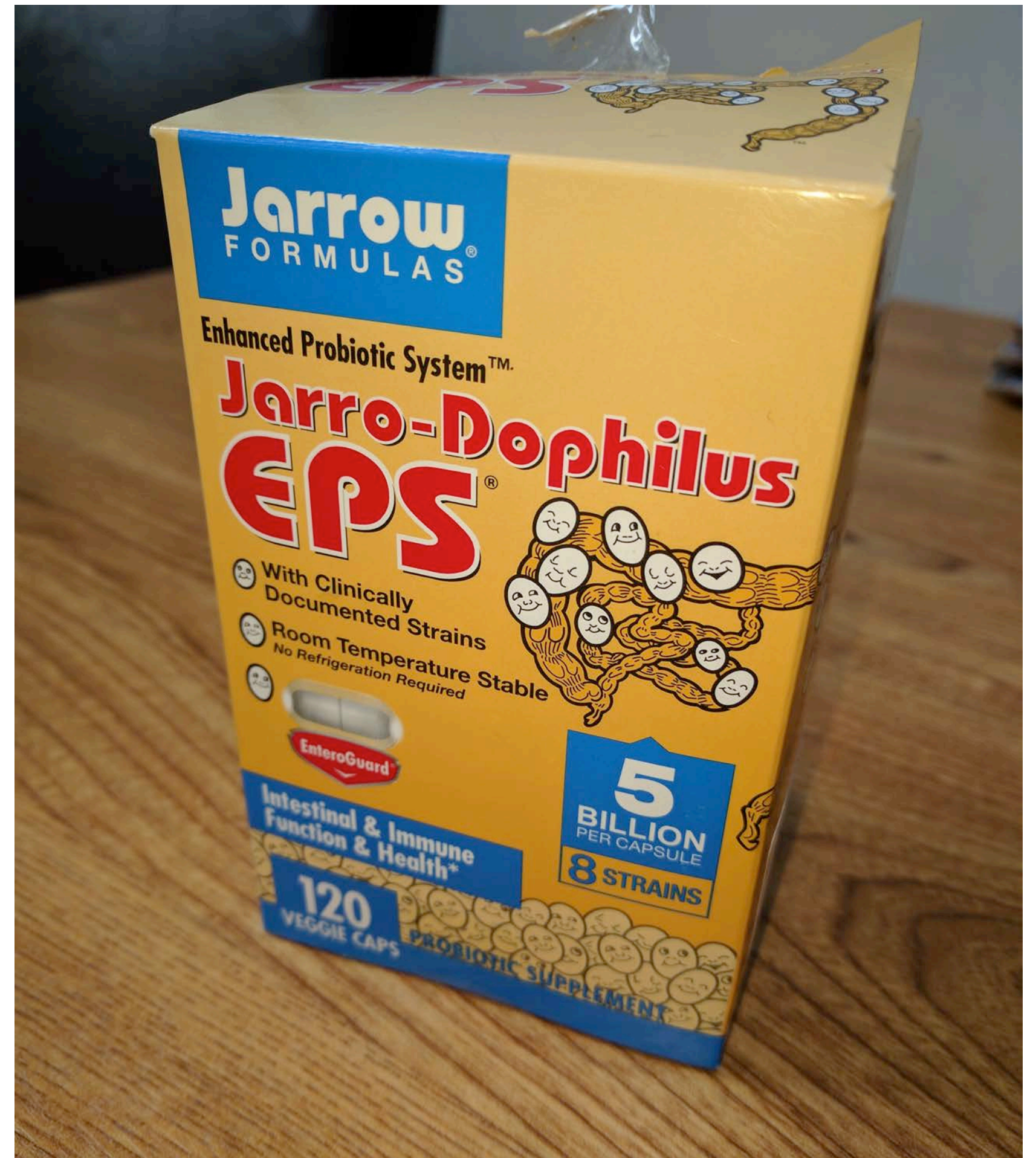
# Microbiome – Missing Strains...

- **Bifidobacterium**
  - In live yogurts
  - Digests lactose
  - Good For IBS/IBD & Inflammation



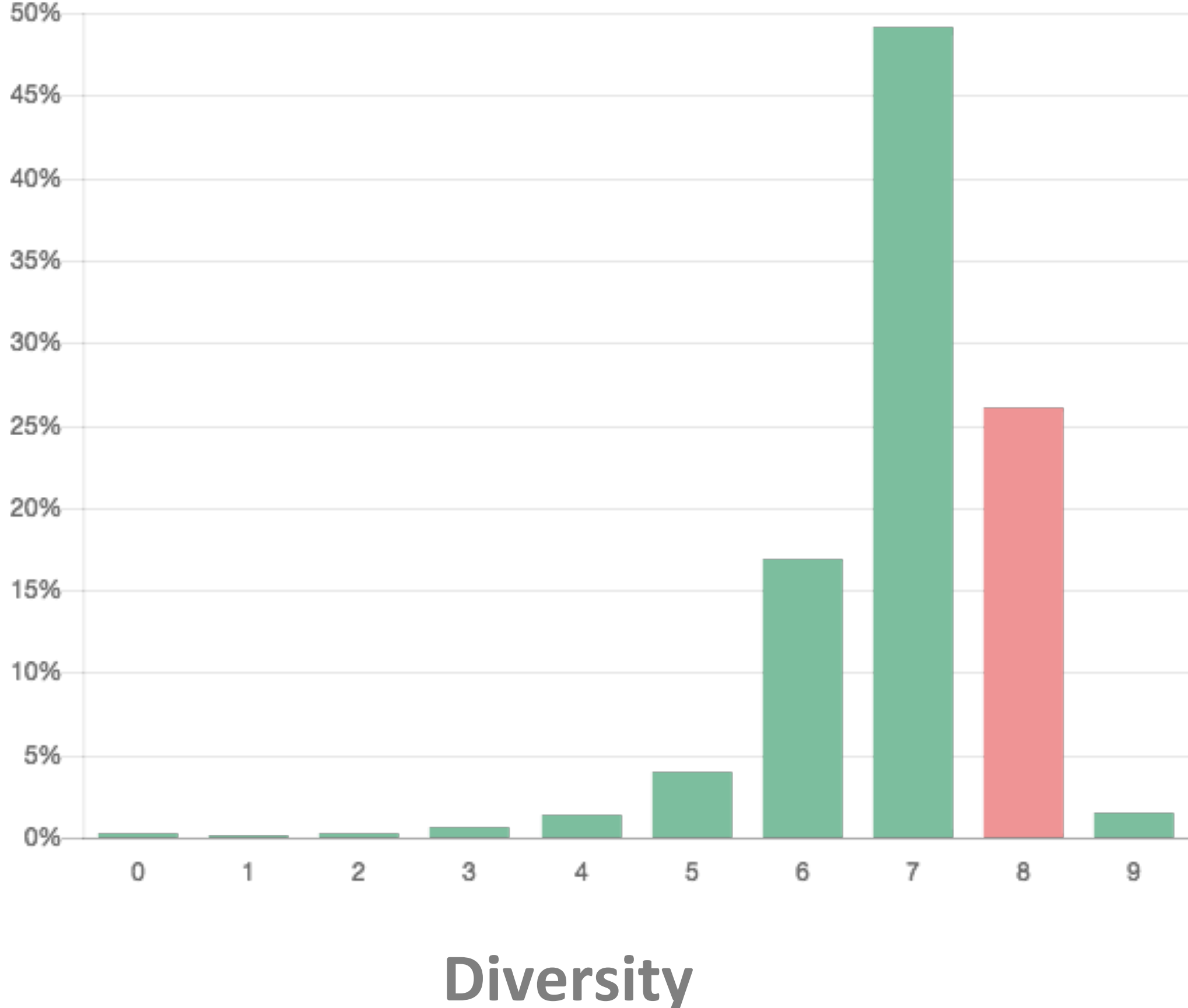
# Microbiome – Missing Strains...

- **Bifidobacterium**
  - In live yogurts
  - Digests lactose
  - Good For IBS/IBD & Inflammation
- **Lactobacillus**
  - In fermented foods
  - Good for bone health, allergies, asthma



# Microbiome – Other Feedback

- Body Weight
- Diversity
- Recommendations

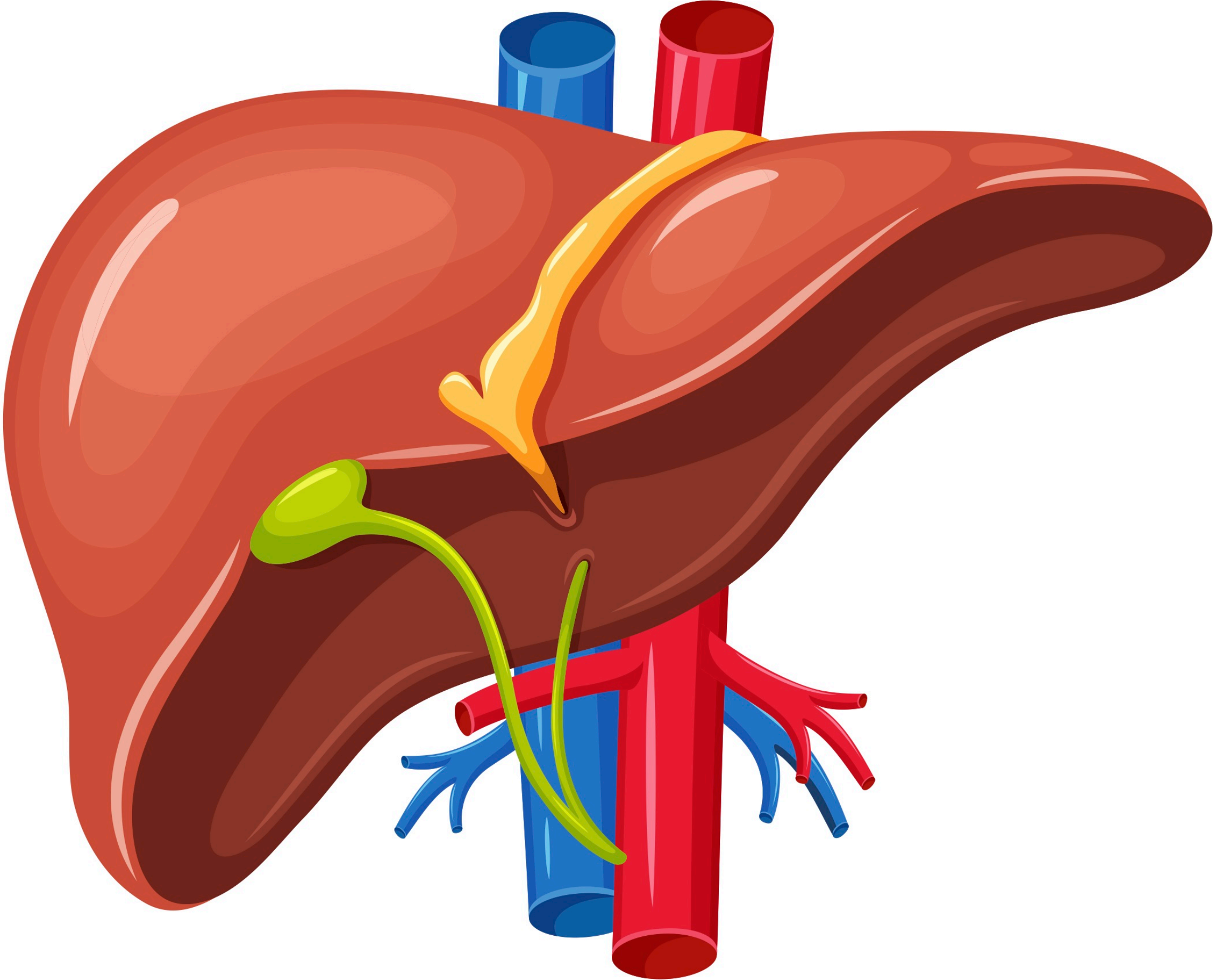




# Healthy Microbiome Tips from uBiome




# Blood – Liver Function Impacting Bones?

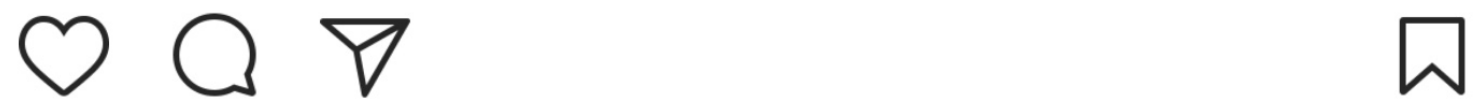


# Blood – Measuring Bilirubin



# Blood - Reducing Bilirublin Levels

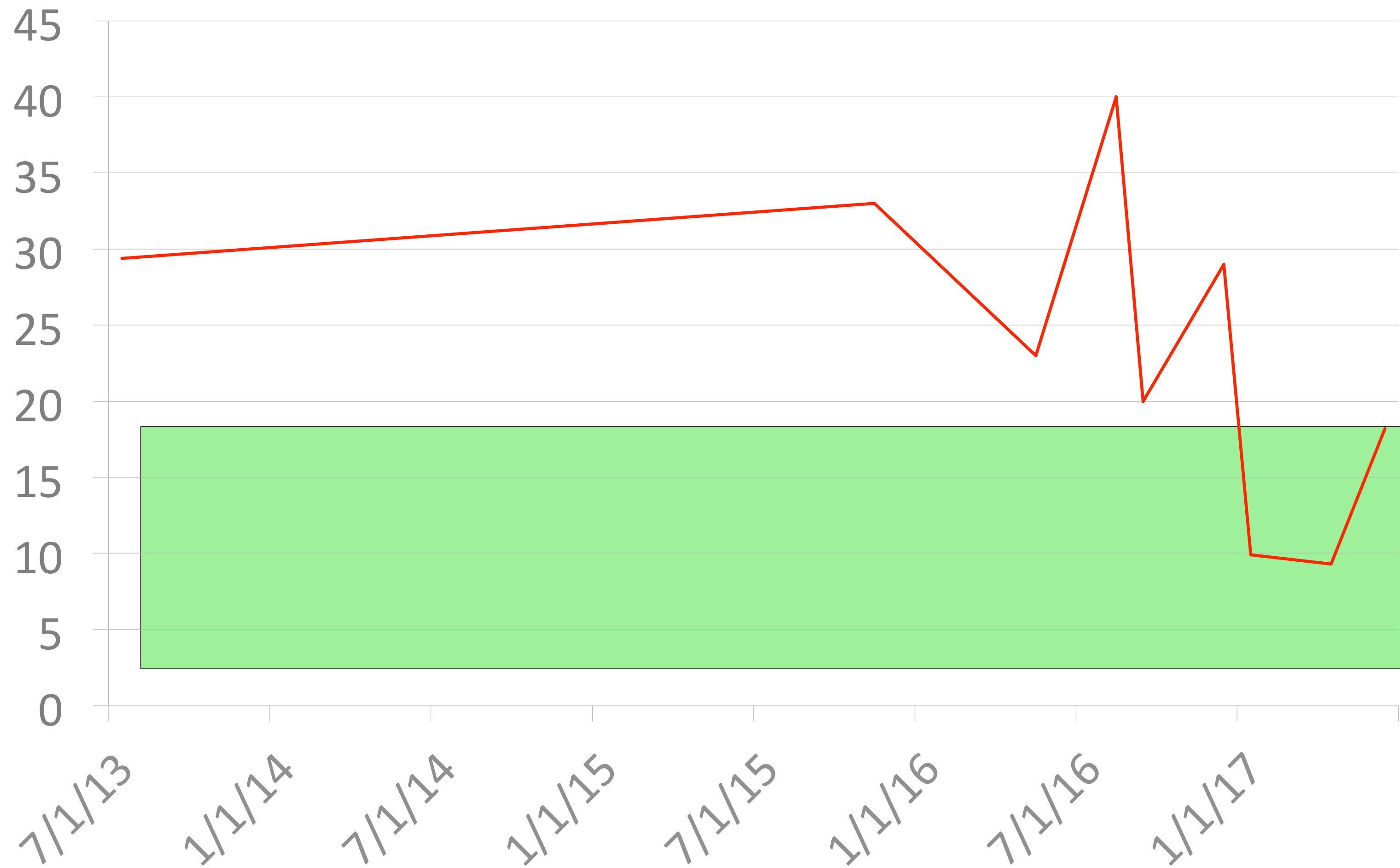
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#



# Blood – Bilirubin?

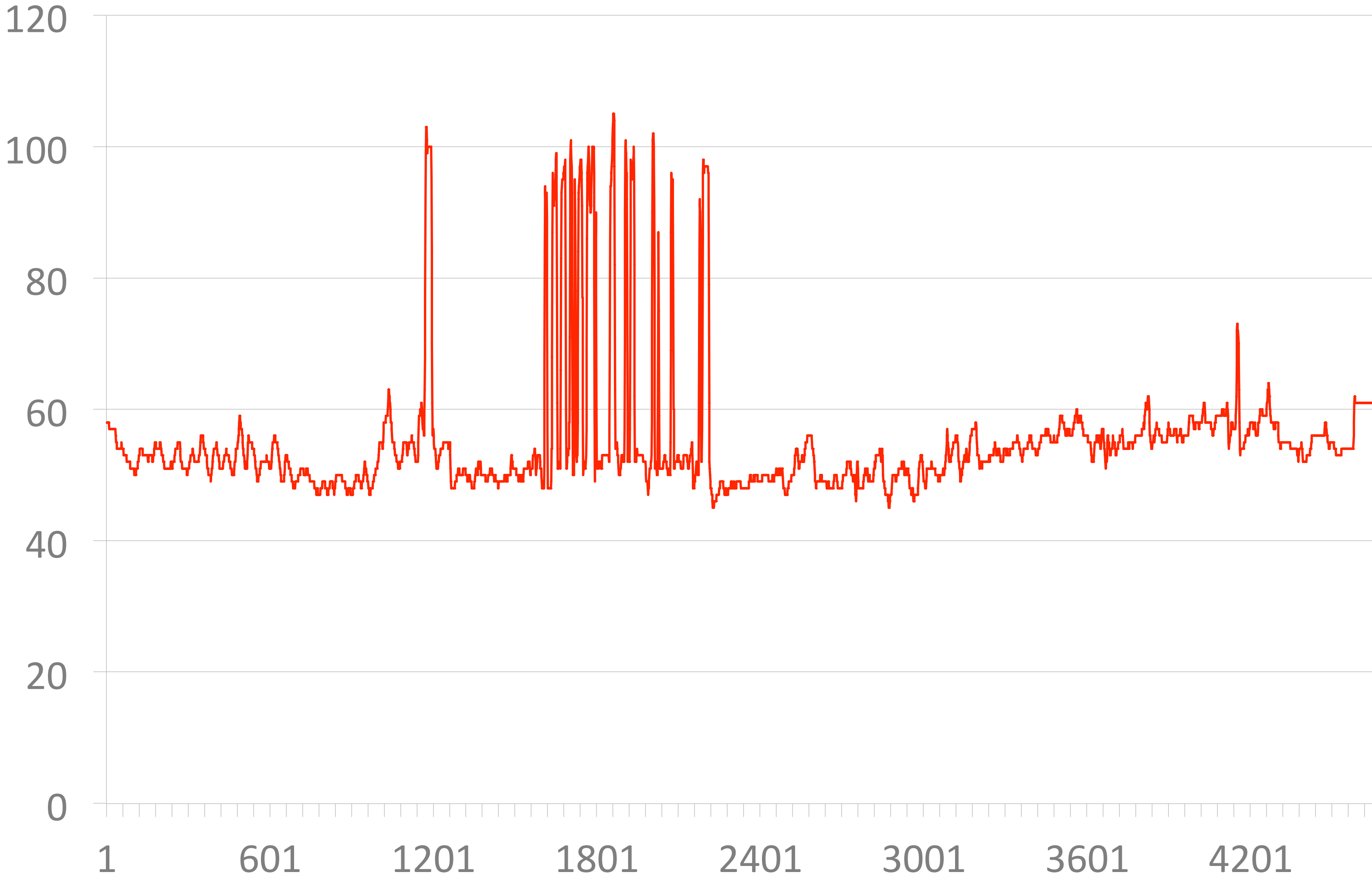


Bilirubin Normal Levels 3 -> 17

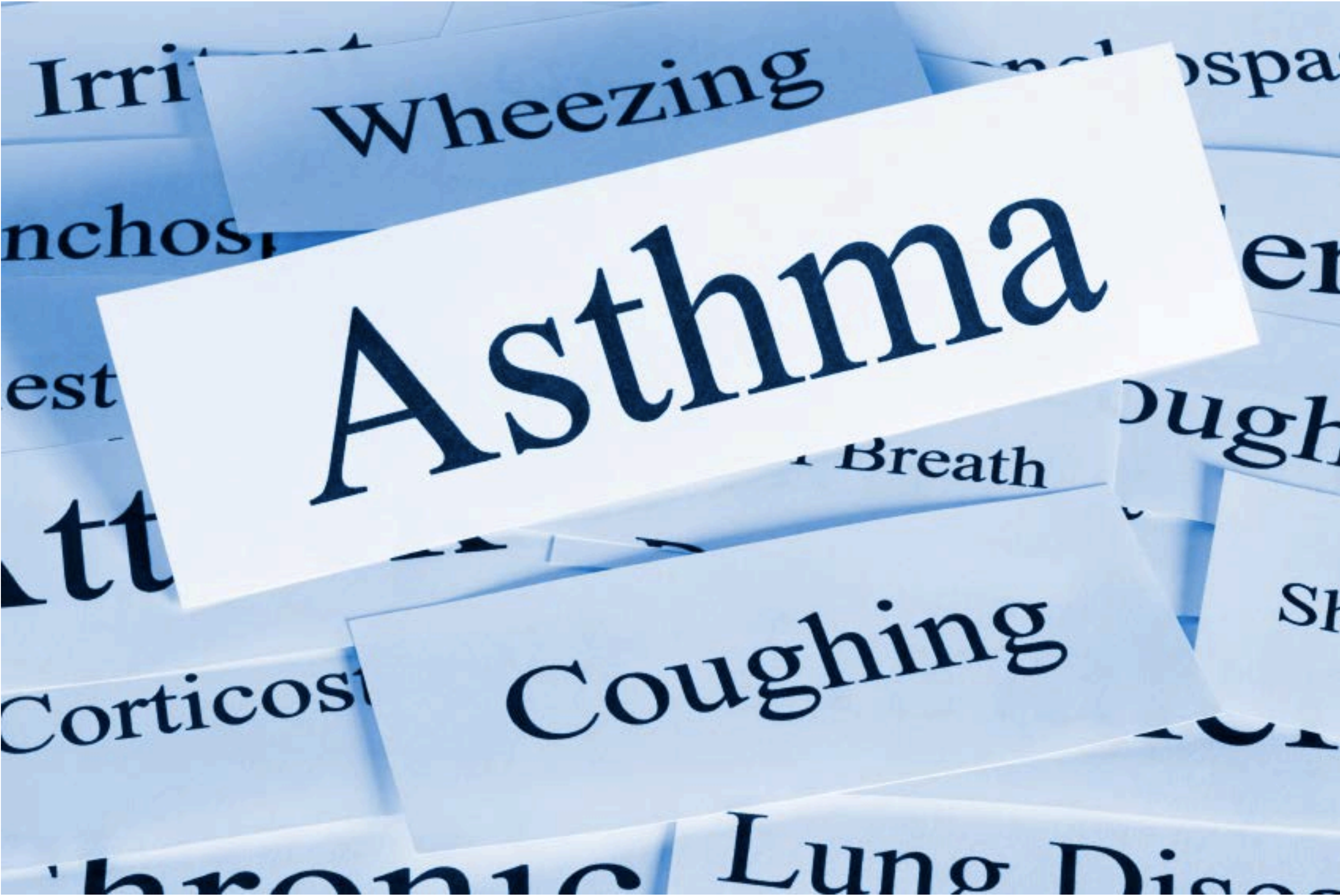
# While I Was Self Tracking....



# Night Time Heart Rate - emFit



# Asthma?

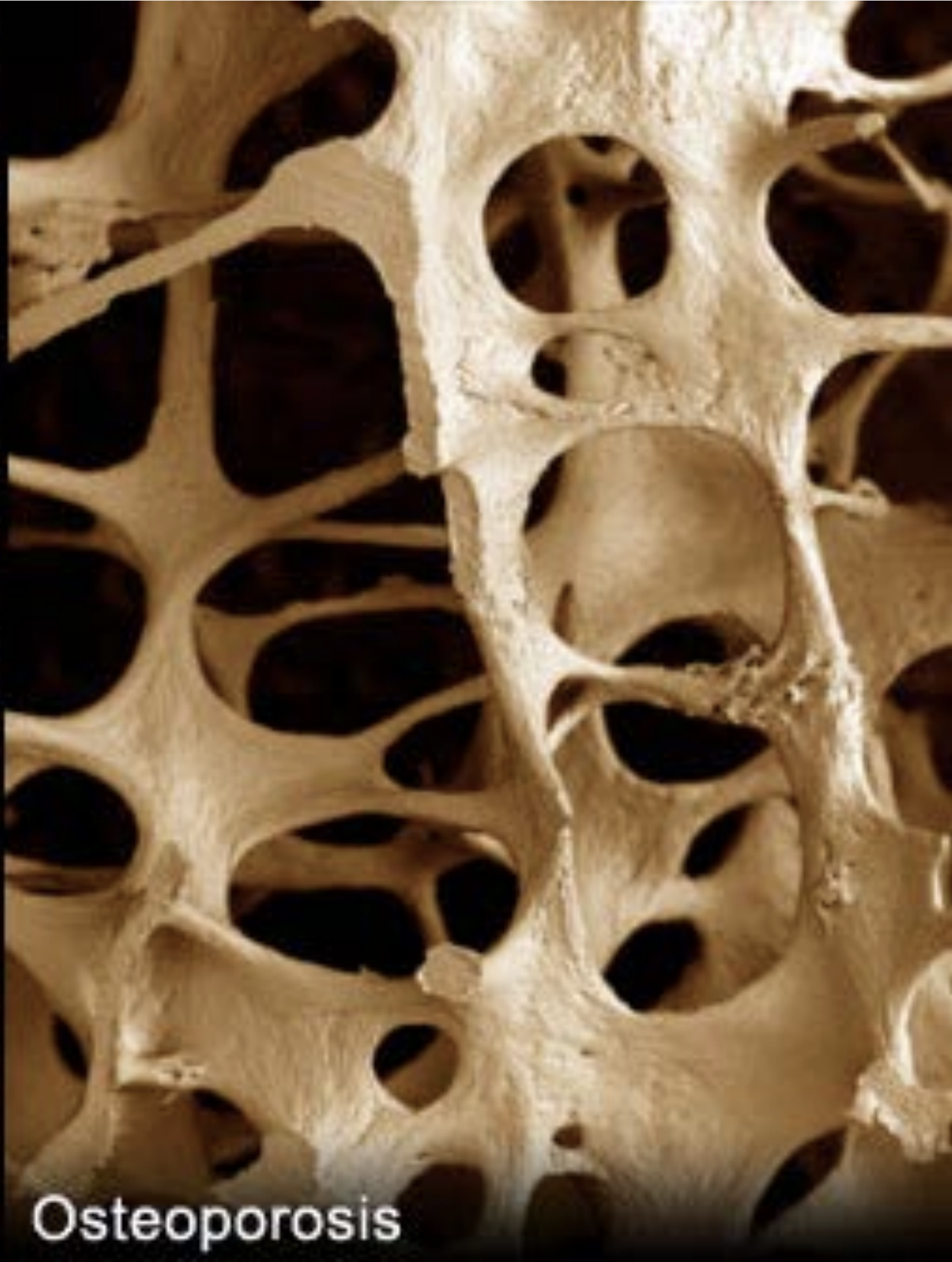




# Side Effects of Asthma Medication...

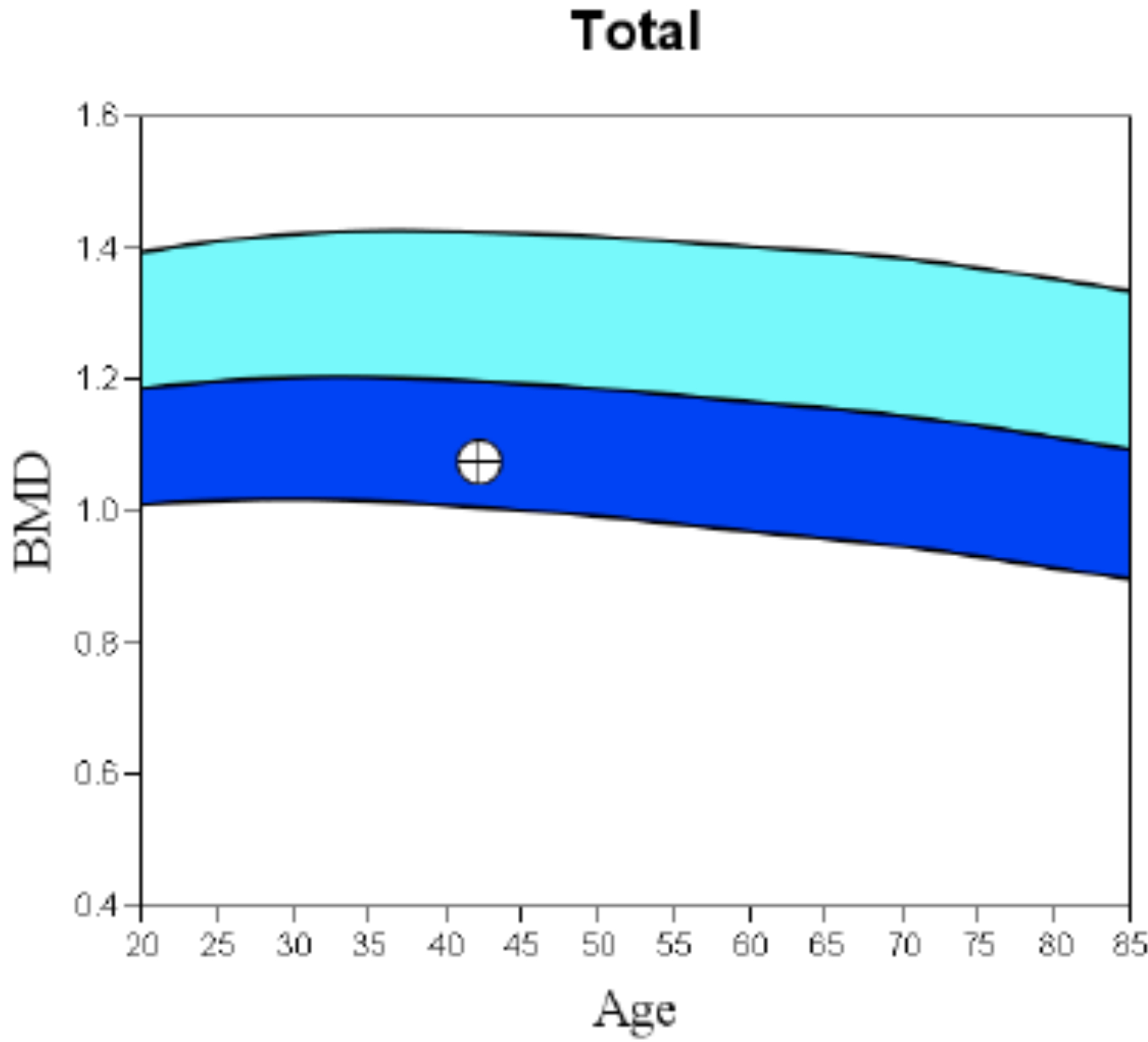
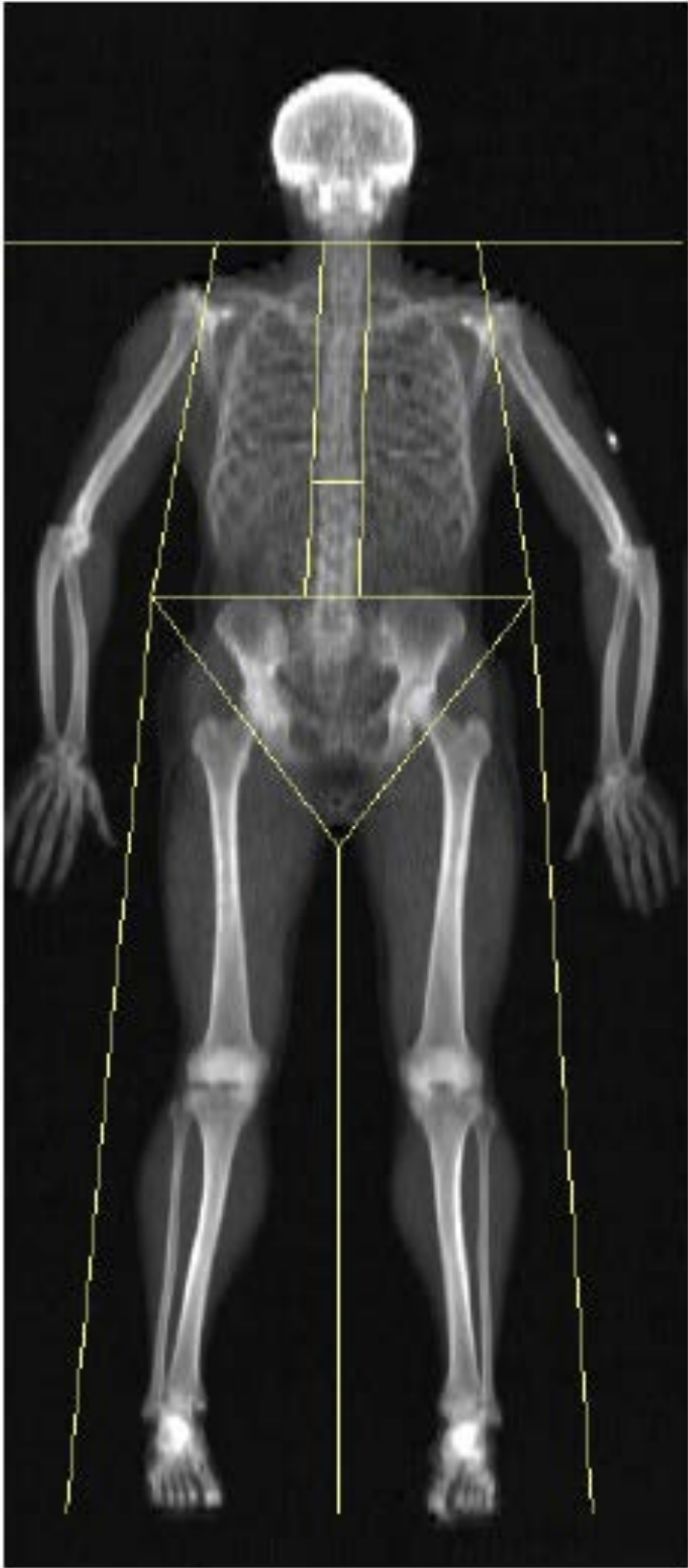


Normal

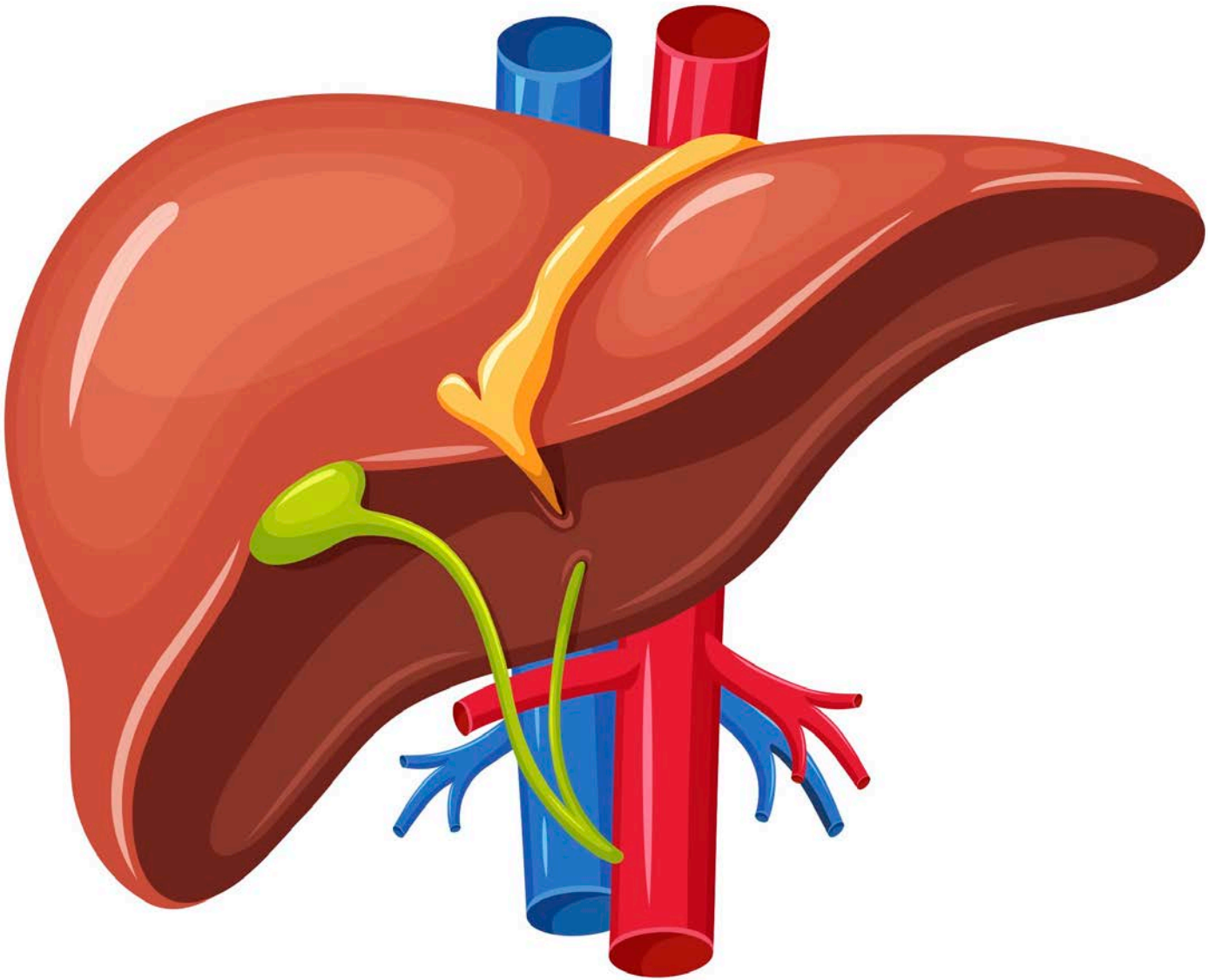
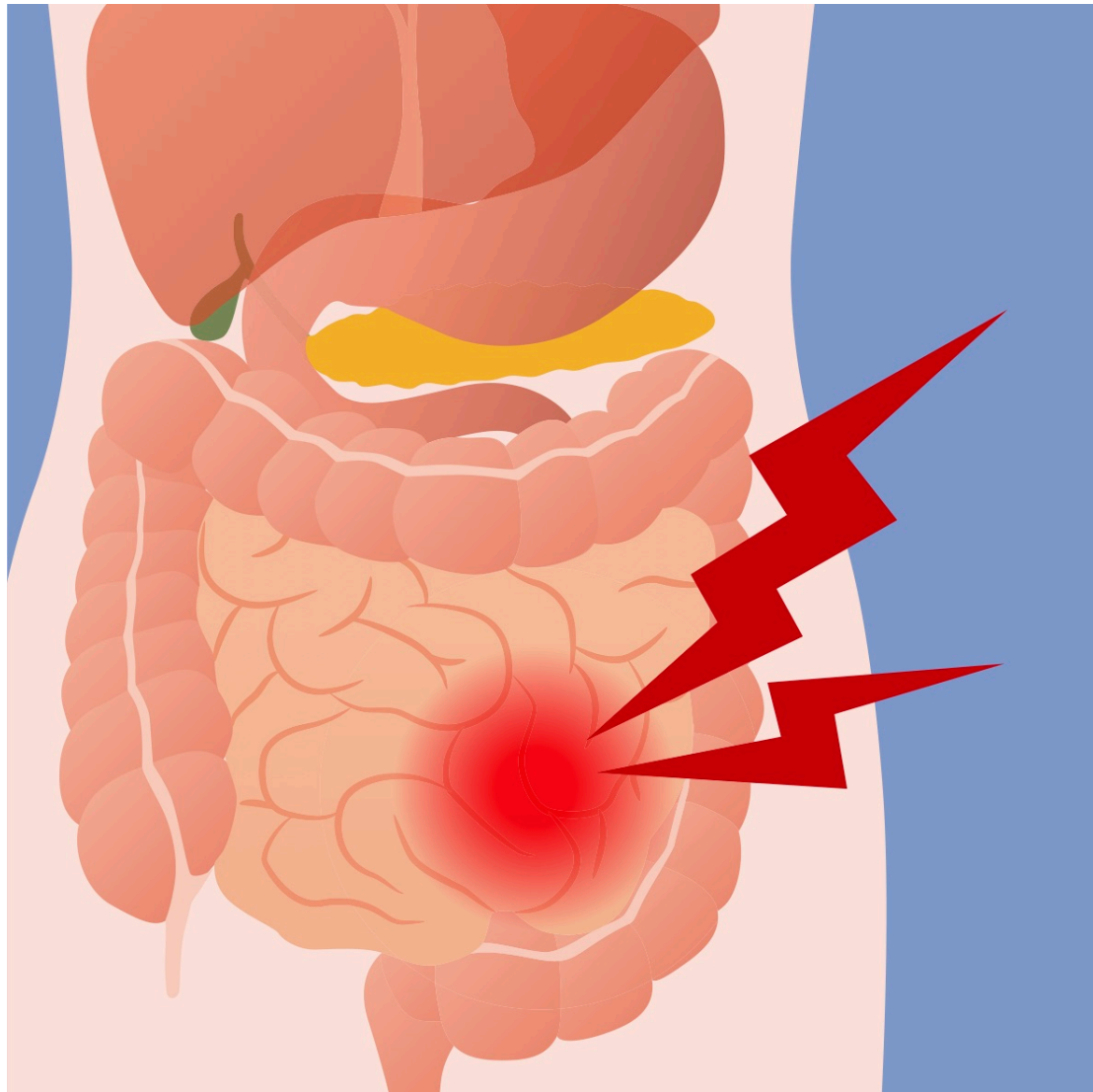


Osteoporosis

# Osteoperosis - Where Am I Now??



# Side Effects of Tracking



# Osteoporosis – Where Next?



# Next Steps?



# GET IN TOUCH



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Numbers

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