



## John Neustadt, ND

### Osteoporosis: Beyond Bone Mineral Density

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#### **About the lecture:**

In this talk Dr. Neustadt reviews bone histology and physiology as it relates to bone health and redefines osteoporosis risk in the context of fracture risk, with special emphasis on providing tools to clinicians beyond simply bone mineral density tests, to assess and reduce fracture risks in both their male and female patients. Fracture risk is the most dangerous aspect of this condition, and bone density scans predict less than half of people who will eventually get a fracture. Learn clinical assessment and treatment tools, including diet, lifestyle and dietary supplement interventions that have been shown to decrease fractures more than medications.

#### **About Dr. Neustadt:**

Dr. John Neustadt is clinical director of Montana Integrative Medicine ([www.montanaim.com](http://www.montanaim.com)) and president and CEO of Nutritional Biochemistry, Inc ([www.nbihealth.com](http://www.nbihealth.com)) and NBI Testing and Consulting Corporation ([www.nbitesting.com](http://www.nbitesting.com)) in Bozeman, Mont. Dr. Neustadt was voted Best Doctor in the 2008 Best of Bozeman survey, surpassing more than two hundred medical doctors to win this award. Dr. Neustadt was trained in naturopathic medicine at Bastyr University, where he received the Founders' Award for clinical and academic excellence. Dr. Neustadt has published more than 100 scholarly research reviews and consumer articles, and is a blogger on integrative medicine for ACAM and the Huffington Post. He is editor of the textbook, Laboratory Evaluations for Integrative and Functional Medicine and co-author of the books, A Revolution in Health through Nutritional Biochemistry, A Revolution in Health, Part 2: How to Take Charge of Your Health, and Foundations and Applications of Medical Biochemistry in Clinical Practice. Dr. Neustadt's prescient research on the role of mitochondrial damage and disease has been published in major medical journals, including Experimental and Molecular Pathology and Molecular Nutrition and Food Research. Dr. Neustadt has spoken nationally on osteoporosis and the urgent need to move away from strictly bone mineral density scans and toward a more holistic approach to assess and reduce fracture risk.

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