

WELCOME TO...

THE OSTEOCARE PLUS BONE CHALLENGE

Vitabiotics Osteocare Plus has joined forces with leading Nutritionist, Vicki Edgson, celebrity Personal Trainer, Ricardo Macedo and celebrity Chef, Amanda Cross to create a 12 week challenge aimed at achieving optimum bone health. We invite you take part in the challenge and have provided you with bone building meal plans and recipes to follow together with a high impact exercise regime to help you achieve healthy and strong bones.

OUR EXPERTS...



Vicki Edgson - Nutritionist

Vicki Edgson is one of Britain's Leading Nutritionists and Naturopaths. Her passion for food, as well as optimum health and vitality, permeates every area of her work, allowing her to advise on a wide range of illness and sub-optimal health conditions. Vicki works with a large number of doctors, psychiatrists and gastroenterologists in the management of a wide range of health conditions including hormonal imbalances, allergies, digestive malfunctions, babies and children's eating issues and intolerances, eating disorders in adolescents and adults, diabetes and natural anti-ageing.

Vicki has had extensive television experience working with the BBC, Channels 4 and 5 and GMTV. In 2004, she co-presented the *Fat Nation Series* for BBC1 and BBC3

simultaneously and more recently has co-presented the *Diet Doctors* series I and II for Channel Five with Dr. Wendy Denning. She has also appeared as an expert on Five Live News, Channel Four, LK Today with Lorraine Kelly and This Morning with Fern Britton.

"Adequate calcium in the daily diet provides benefits for bone and general health so it is advisable to try and eat as many calcium rich foods as possible. I have made this simple to do with the enclosed meal plans for the Osteocare Plus Bone Challenge. It can be difficult to get the daily recommended amount of calcium from diet alone so it is a good idea to take a quality supplement containing high grade calcium and co-factors such as Vitabiotics Osteocare Plus," says Vicki.



Ricardo Macedo – Personal Trainer

Ricardo Macedo started his career as a Personal Trainer in 2000. In 2004 he left one of the biggest gym groups in the world to create R-Fitness. Ricardo runs a private and elite personal training gym in Kensington, London and has a team of highly qualified and experienced trainers working with him. Amongst his clientele are some of the world's most recognised faces in the entertainment and sports industry. During his career he has successfully helped actors/actresses achieve weight and size targets for acting roles and continues to do so. He has carried out over

14,000 one to one sessions. Ricardo's fun approach, discretion, drive and determination helps clients to achieve their goals.

"Numerous studies confirm how important it is to include exercise as part of maintaining bone health. The type of exercise carried out is important, as only weight bearing exercise such as walking and weight training will have the direct benefits on bone. In addition to weight bearing exercise I also recommend that my clients take a calcium supplement such as Vitabiotics Osteocare Plus to help maintain healthy bones," says Ricardo.



Amanda Cross – Chef

Amanda's real passion is beautifully presented healthy tasty food and she regularly cooks on InSpa retreats all over Europe, and has just set up her own catering company – 'Kitchen Witch Catering.'

Since her first book *Miracle Juices* was published in 2002, she has written another eight for Hamlyn including *Miracle Soups*, *The Miracle Juice Diet Book*, *Curb The Carb*, *The Low Carb Cookbook and Food Boosters for Kids*.

"For healthy bones it's important to eat calcium rich meals every day. As I have shown in the recipes included in the Osteocare Plus Bone Challenge, incorporating calcium and other bone building nutrients into your meals can be simple and doesn't have to involve lengthy preparation or cooking times. I have also included a wide variety of different foods in my recipes to create a broad spectrum of different tastes to keep you interested in the cooking and not to mention eating process," says Amanda.