

# How To Grow New Healthy Bone! [Bone Resorption Urine Test – Safe, Effective & Radiation Free]

Whether suffering from a bone disease, like osteoporosis, or interested in maintaining healthy bone and preventing bone diseases, this article is for you.

I have successfully helped our clients reverse their bone disease processes, restore and maintain optimal bone health and prevent bone disease, utilizing Clinical Nutrition Testing and Therapy.

To identify the need for new, healthy bones and to monitor our client's progress, I use a safe, non-invasive, "radiation-free," reproducible, and effective urine test, called Bone Resorption. The Bone Resorption Urine Test is a measurement of Collagen Cross-Linked N-Telopeptide (NTx) and Creatinine. Bone resorption is the destruction of bone tissues that

promotes bone loss, which is a decrease in bone mass and bone density.

## WHAT IS NTx?

N-terminal telopeptide (NTx) measures the bone breakdown rate, is a bone metabolism biochemical marker, and is the most sensitive and specific indicator of bone resorption. Abnormal values indicate your risk of bone loss and fracture, as well as thinning and weakening of bones, which is medically known as osteoporosis. NTx is measured from a blood or urine sample; however,

NTx is not included in routine urinalysis. For me, and you, urine is my preference (no needles!). LOL

## Bone

Resorption urine test values in optimal range indicate your collagen cross-linked bone fibers are still intact and you have strong, healthy bones. Whereas, abnormal test values indicate broken particles of these bone fibers are present in your urine. When bone fiber breaks down, the body removes them through urine. The further your test values are out of optimal range, the weaker and unhealthy

your bones become, and, in time, lead to any number of bone-related diseases.

**WHAT IS CREATININE?** The Bone Resorption Urine Test also includes testing Creatinine, the end product of creatine metabolism. Creatine is present primarily in muscle and the amount produced relates to total skeletal muscle mass, which are the muscles that connect to your bones and allow you to perform a wide range of movements. Daily Creatinine production is fairly constant except when there is a massive injury to a muscle. Blood levels and daily urinary excretion of Creatinine fluctuate very little in healthy people.

**CLINICAL NUTRITION BUILDS NEW BONE:** In Clinical Nutrition, Bone Resorption urine testing helps me monitor the repair, rebuilding, or regrowth, of new bone, bone metabolism, bone health maintenance, and prevention of bone diseases. I have observed abnormal Bone Resorption Test values return to normal values as early as six months. Though the time required varies per individual, the good news is that "building new healthy bones is possible through Clinical Nutrition Testing and Therapy."

**DEXA SCANS DO NOT TEST BONE QUALITY:** To diagnose bone diseases, physicians have traditionally used the Bone

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## REQUEST FOR QUALIFICATIONS CENTENNIAL AIRPORT ARAPAHOE COUNTY, COLORADO

The **Arapahoe County Public Airport Authority (ACPAA)**, owner and operator of Centennial Airport in Englewood, Colorado is soliciting **Statement of Qualifications and Experience** from qualified firms to perform architecture and engineering (A&E) services for the design and construction of a new **Air Traffic Control Tower**.

The A&E Team must supply all information required by the Request for Statements of Qualifications and Experience. The Arapahoe County Public Airport Authority reserves the right to waive any informalities and minor irregularities in the submittals and to select the Consultant deemed to be in the best interest of the Airport.

For any questions and to obtain a complete copy of the Request for Statement of Qualifications and Experience please contact Lorie Hinton, Assistant Airport Director at Centennial Airport at lhinton@centennialairport.com or 303-218-2906.

The Statements of Qualifications and Experience must be submitted to Lorie Hinton, Assistant Airport Director, 7565 S. Peoria St. Unit D-9, Englewood, CO, 80112 no later than 4:00 p.m. MST, on Monday, June 13th. DBE firms are encouraged to submit.

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## 00 11 16 INVITATION TO BID

### CHERRY CREEK RESERVOIR EAST BOAT RAMP SHORELINE STABILIZATION PHASE 2

Date: May 5, 2022

Electronic bids for the above-referenced PROJECT will be received by **Cherry Creek Basin Water Quality Authority** by 1:30 PM on June 8, 2022 and will be opened and recorded (BID OPENING). Any BID(s) received after the above-specified time and date will not be considered. Bids will be submitted through the Rocky Mountain E-Purchasing website (<https://www.bidnetdirect.com/colorado>; "BidNet") as more specifically defined below.

**CONTRACT DOCUMENTS**, complete with construction DRAWINGS and SPECIFICATIONS, will be available on <https://www.bidnetdirect.com/colorado/cherrycreekwat>. Bidders that have registered with BidNet for this PROJECT (the "plan holder list") will receive project addenda and other communication via BidNet.

Acknowledgement of all addenda is required to submit a responsive bid.

BID(s) will be rejected if the CONTRACTOR's name is not on BidNet's plan holders list, which verifies the purchase of CONTRACT DOCUMENTS.

No BIDDER prequalification is required for this PROJECT. However, upon evaluation of BID(s), the apparent low BIDDER must be prepared to demonstrate BIDDER's qualifications by submitting evidence to OWNER such as financial data, previous experience, authority to conduct business in the jurisdiction where the PROJECT is located, and other requirements as may be specified in the CONTRACT DOCUMENTS.

The required security, 5% of the bid, must be submitted electronically on BidNet. E-bond and electronic funds transfer (EFT) submissions are accepted by CCBWQA through BidNet. The Bid Bond must be executed by a surety acceptable to CCBWQA.

BIDDER(s) are invited to attend a pre-bid conference virtually at [https://teams.microsoft.com/join/19%3ameeting\\_ZGlyNThiMmMtZWRhZi00OTZmLWFmNjYtOTQwYTgzMDYyMzly%40thread.v2%0?context=%7b%22Tid%22%3a%22adbdb320-7cf1-4f9a-b9bb-c49de1af7797%22%2c%22Oid%22%3a%22571c755b-0718-4aa9-b44e-961a5aa52670%22%7d](https://teams.microsoft.com/join/19%3ameeting_ZGlyNThiMmMtZWRhZi00OTZmLWFmNjYtOTQwYTgzMDYyMzly%40thread.v2%0?context=%7b%22Tid%22%3a%22adbdb320-7cf1-4f9a-b9bb-c49de1af7797%22%2c%22Oid%22%3a%22571c755b-0718-4aa9-b44e-961a5aa52670%22%7d)

on May 25, 2022 at 1:00 PM. If you would like the appointment and link for the pre-bid conference sent to you, send request via e-mail to Val Endyk at [val.edyk@ccbwwqa.org](mailto:val.edyk@ccbwwqa.org).

As its best interests may appear, OWNER reserves the right to reject any or all BID(s) and to waive informalities in the BID(s).

For public notice purposes documents are also on CCBWQA's website <https://www.cherrycreekbasin.org>. A general statement of WORK is as follows:  
Description of WORK:

The primary work to be performed under this contract includes construction of shoreline stabilization improvements to Cherry Creek Reservoir. Construction includes, but is not limited to mobilization, clearing and grubbing, traffic control, water control, erosion and sediment control items, re-vegetation, concrete removal, tree removals, soil preparation, grading, topsoil placement, riprap placement, earthwork, and willow staking.

Location: Cherry Creek State Park at the East Boat Ramp Estimated

Construction Cost Range: \$80,000 to \$90,000.  
OWNER:

**Cherry Creek Basin Water Quality Authority**  
William P. Ruzzo

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## NOTICE OF VACANCY

**PURSUANT** to Section 32-1-808(2)(a)(I), C.R.S., notice is hereby given that a vacancy exists on the Board of Directors of the **Heritage Greens Metropolitan District**. Any eligible elector of the District who is interested in appointment to the Board may contact the District's Attorney, Russell W. Dykstra, via e-mail: [rdykstra@spencerfane.com](mailto:rdykstra@spencerfane.com). The Board of the District may fill said vacancy 10 days after the date hereof.

By: Russell W. Dykstra  
Legal Counsel

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## NOTICE OF VACANCY

**PURSUANT** to Section 32-1-808(2)(a)(I), C.R.S., notice is hereby given that a vacancy exists on the Boards of Directors of **Southgate Water District and Southgate Sanitation District**. Any eligible elector of the Districts who is interested in appointment to the Boards may contact the Districts' manager, David Irish, via e-mail: [dirish@southgatedistricts.org](mailto:dirish@southgatedistricts.org). The Boards of the Districts may fill said vacancy 10 days after the date hereof.

By: Russell Dykstra  
Counsel for the District

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## NOTICE AS TO AMENDED 2022 BUDGET AND HEARING GREENWOOD ATHLETIC CLUB METROPOLITAN DISTRICT

**NOTICE IS HEREBY GIVEN** that an amended budget will be submitted to the **GREENWOOD ATHLETIC CLUB METROPOLITAN DISTRICT** for the ensuing year of 2022. A copy of such proposed amended budget has been filed in the office of Greenwood Athletic Club, 5801 South Quebec Street, Greenwood Village, Colorado, where same is open for public inspection. Such amended budget will be considered at a hearing at the special meeting of the **Greenwood Athletic Club Metropolitan District** to be held at 11:00 A.M. on Thursday, June 2, 2022. The meeting will be held at 5801 South Quebec Street, Greenwood Village, Colorado. Any interested elector within **Greenwood Athletic Club Metropolitan District** may inspect the proposed amended budget and file or register any objections at any time prior to the final adoption of the amended 2022 budget.

BY ORDER OF THE BOARD OF DIRECTORS:  
**GREENWOOD ATHLETIC CLUB METROPOLITAN DISTRICT**

By: /s/ ICENOGLI | SEAVER | POGUE  
A Professional Corporation

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## INVITATION TO BID CITY OF CHERRY HILLS VILLAGE SANITATION DISTRICT – 2022 CIPP PROJECT

Sealed Bids will be received by the **City of Cherry Hills Village Sanitation District**, 3333 South Bannock Street, #360, Englewood, Colorado 80110 (Owner) at its address just stated until 1:00 p.m., local time, June 7, 2022, for the 2022 CIPP Project. All bids must be prepared on the bid form provided in the Contract Documents and delivered in a sealed envelope marked "Bid for 2022 CIPP Project. **There will be no public opening of the bids.**

The Owner reserves the unqualified right, in its sole and absolute discretion, to reject any or all bids, or to delete portions of bids or to adjust the unit quantities, which in its sole and absolute judgment are responsive to the bid documents and will under all circumstances best serve the Owner's interests.

**The proposed work is generally described as:**

1. UV-CIPP lining of approximately 3,532 l.f. of 15"-18" Concrete Pipe, including CCTV and cleaning.
2. Reconnection of service laterals 12.
3. Miscellaneous work and material.

Copies of the Bid Documents, Specifications and other Contract Documents for use in preparing Bids may be obtained from the Owner by e-mail request only, addressed to [CHVSanDist@aol.com](mailto:CHVSanDist@aol.com).

All Bids must be in accordance with the Bidding Documents on file with the District.

A mandatory Prebid Conference IS a requirement for this project. If the Contract is awarded, Owner will give the Successful Bidder a Notice of Award within the number of days set forth in the Bid Form for acceptance of the Bid.

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## INVITATION TO BID CITY OF CHERRY HILLS VILLAGE SANITATION DISTRICT – 2022 REMOVE & REPLACE PROJECT

Sealed Bids will be received by the **City of Cherry Hills Village Sanitation District**, 3333 South Bannock Street, #360, Englewood, Colorado 80110 (Owner) at its address just stated until 1:00 p.m., local time, June 8, 2022, for the 2022 Remove & Replace Project. All bids must be prepared on the bid form provided in the Contract Documents and delivered in a sealed envelope marked "Bid for 2022 Remove & Replace Project. **There will be no public opening of the bids.**

The Owner reserves the unqualified right, in its sole and absolute discretion, to reject any or all bids, or to delete portions of bids or to adjust the unit quantities, which in its sole and absolute judgment are responsive to the bid documents and will under all circumstances best serve the Owner's interests.

**The proposed work is generally described as:**

Sanitary sewer pipe removal and replacement of approximately 329 linear feet of 8" PVC sewer pipe, at 3 locations. 2 locations on Albion Street near Bellevue, approximately 174 linear feet, and 80 linear feet. 3rd location on Cantioe, approximately 75 linear feet. The work will also require pavement replacement on Albion Street, protection of existing "wet" utilities and "dry" utilities, and maintenance of access to residential driveways along the sewer alignment.

Copies of the Bid Documents, Specifications and other Contract Documents for use in preparing Bids may be obtained from the Owner by e-mail request only, addressed to [CHVSanDist@aol.com](mailto:CHVSanDist@aol.com).

All Bids must be in accordance with the Bidding Documents on file with the District.

A mandatory Prebid Conference IS a requirement for this project.

If the Contract is awarded, Owner will give the Successful Bidder a Notice of Award within the number of days set forth in the Bid Form for acceptance of the Bid.

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## NOTICE TO CREDITORS

**NOTICE TO CREDITORS Estate of Isabel O. Lopez, also known as Isabel Olivia Lopez, also known as Isabel Lopez, Deceased**

**Case Number 2022PR30474**

All persons having claims against the above named estate are required to present them to the personal representative or to District Court of Arapahoe County, Colorado on or before September 19, 2022, or the claims may be forever barred.

Diane Alicia Lopez  
Personal Representative  
c/o Stewart B. Grant  
Attorney at Law, LLC  
12265 W. Bayaud Avenue, Suite 210  
Lakewood, CO 80228  
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**NOTICE TO CREDITORS Estate of JAMES CURTIS BARMINGTON also known as JAMES C. BARMINGTON and JAMES BARMINGTON, Deceased**

**Case Number 2022PR30556**

All persons having claims against the above named estate are required to present them to the personal representative or to Arapahoe County District Court of the City of Centennial, Colorado on or before September 19, 2022, or the claims may be forever barred.

The original of this document is on file at the law office of Donald Glenn Peterson  
/s/ Donald Glenn Peterson  
Donald Glenn Peterson  
Attorney for Personal Representative  
4100 E. Mississippi Avenue, Suite 410  
Denver, CO 80246  
Telephone: (303) 758-0999  
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**NOTICE TO CREDITORS Estate of Alan J. Gilbert, a/k/a Alan Jay Gilbert and Alan Gilbert, Deceased**

**Case Number 22PR30383**

All persons having claims against the above named estate are required to present them to the personal representative or to District Court of Arapahoe County, Colorado on or before September 21, 2022, or the claims may be forever barred.  
Barry S. Gilbert  
Personal Representative  
2751 South Clarkson Street Address  
Englewood, CO, 80113  
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— End of Legals —