TAKING CALCIUM WILL DO NOTHING TO FIX OSTEOPOROSIS

... BUT THIS WILL

BY ADAM ROTH

Western doctors, and even many naturopathic doctors, continue to push calcium as a solution for osteoporosis. They claim it is the main mineral that is being leached from our bones as we age, and supplementing with it will restore the lost bone density.

It's a good theory, but unfortunately is nothing more than a theory.

To start with, it's been proven that calcium supplementation is highly dangerous. The body can't utilize inorganic and elemental calcium from sources such as stones, bones, or shells. The body was designed to get its calcium from food sources. Yes, that means food, not milk.

Without the necessary co-factors such as amino acids, lipids, and glyconutrients found alongside the calcium in food sources, the inorganic calcium supplement sources are treated as waste, and the body dumps them into the colon, through the kidneys, or in the blood.

The calcium pushed through the kidneys will lead to kidney stones, but it's the calcium in the blood which is far more dangerous, leading to blood clots, hypertension, and even heart attacks. It also causes calcification of the organs, in particular the breasts (more on this later).

In regards to heart attacks, a study published in the medical journal, Heart, looked at 24,000 people over 11 years, and found that taking calcium supplements led to an 86% increased risk of heart attacks.

The dangers of calcium supplementation are well studied and proven, but if you are in denial that these inorganic calcium sources don't build bones, it turns out that increased bone mineral density is not a factor in preventing fractures from falls. There is no risk reduction whatsoever.

Bones formed through natural means are different to those formed through taking intervening drugs, because they only focus on density, and not on quality and strength, meaning that the newly formed high-density bone is more brittle than less dense naturally formed bone.

The problem lies in there being different forms of strength. Glass, for example, has a very high density and compressive strength, as we can walk on it, and it can bear large weights. However, glass has low tensile strength, and will easily shatter if it stretches or falls.

When we look at wood, it's not dense, will compress or break under large weights, yet if we throw it, it's far less likely to break than glass. So, tensile strength and impact strength are more important than building bones with high density, but will shatter easily.

There are also health risks associated with having high bone density. We mentioned before about breast cancer, and this has been shown in at least 10 different scientific studies published in the medical journals.

The American Journal of Epidemiology found a 3.41 fold increased risk, The European Journal of Epidemiology found a 2.2 and 3.3 fold increased risk, while the Journal of the National Cancer Institute found a 2.7 fold increased risk. Interestingly, a study published in the Journal Breast found that "Women in the lowest quartile of bone mass appear to be protected against breast cancer". Yes, that is their exact quote.

Further evidence for bone density not being the defining factor in fractures can be found in the fact that other supplements can bring about significant declines in bone fracture rates, without having any effect whatsoever on bone density.

While I'm not a fan of soy, a study in the Journal Bone showed soy isoflavones did not restore bone loss, but improved the microstructural properties. Then there was a study in the Journal Clinical Calcium, which found that even with no influence on bone mineral content, Vitamin K led to a decrease in the incidence of fractures.

The bottom line is that the evidence shows that taking calcium supplements to reverse osteoporosis and prevent fractures is futile.

So, if calcium is not the key to reversing osteoporosis, what is?

All the vitamins and minerals are important. We showed above that Vitamin K has been proven to help, and Vitamin D is another crucial one. But above all, the main solution is to supplement with Vitamin C.

Vitamin C is involved in many of the internal processes of building new bone, as well as protecting it. It's well known to be vital in collagen synthesis, and it mineralizes the bone. Without Vitamin C in the blood, bone forming cells called osteoblasts are not formed.

In addition to the construction of bone, it protects it by nullifying oxidative stress, which causes calcium deficiency, and inhibiting bone degrading cells called octeoclasts. Vitamin C providing bone loss prevention was shown in a study in the Plos One peer-reviewed journal.

A study in the Scandinavian Journal of Clinical and Laboratory Investigation found that Vitamin C levels were significantly lower in hip fracture patients compared to those who did not get fractures.

While in regards to bone density, studies in The Journal of Bone and Mineral Research and the Journal of Epidemiology and Community Health both found that Vitamin C supplementation was responsible for increases in bone mineral density.

Modern medicine has it totally wrong when it comes to osteoporosis, and at least 2 prominent doctors, Dr. Thomas Levy, and Dr. Marc Micozzi, both claim that osteoporosis is simply scurvy of the bones.

So, if you are suffering from osteoporosis and want to reverse it, avoid supplementing with calcium, and instead supplement with Vitamin C.

For further information on osteoporosis, and further solutions to both prevent and recover from it, please visit HealthGlade.com