

## **OSTEOPOROSIS: The Myth and the Reality**

Osteoporosis is a bone disorder that results in the reduction of bone mass, and density because of loss of mineral content. The bones become soft and brittle and break easily.

Over 800,000 Canadians, mostly older women have it.

1 in 4 will demineralize to the point of Fractures.

In 1988 professionals concluded more woman die of Osteoporosis related fractures than Cancer.

1 in 10 deaths are related in some way to Osteoporosis.

In the United States Osteoporosis is a 4 billion dollar a year business.

Osteoporosis is not due to a lack of calcium; it is due to a lack of truth!

When is a lie worth telling? How much suffering must we undergo for the sake of the powerful meat and dairy industry and their marketing boards?

The truth is; the more animal protein you consume, the greater will be the loss of calcium from your system. Meat is the main cause of Osteoporosis; with dairy a close second.

Overeating of protein is the most dangerous of all dietary imbalances. It leads to Osteoporosis. So how does it do this?

16% of each protein molecule is nitrogenous waste known as  $\text{NH}_2$ . The molecule becomes ammonia  $\text{NH}_3$  when it breaks down in your body's digestive process. Ammonia; It eats the wax off your floor, so what does it do to your body?

To deal with this Ammonia, your body combines 2 molecules of ammonia with 1  $\text{CO}_2$  which makes UREA, a acidic substance.

The more protein, the more urea; this eats away at your body tissue and the body releases calcium from your bones to buffer it. When there is more urea than calcium reserves, calcium looses and the bones deteriorate.

Among Eskimos who eat mostly meat, Osteoporosis is a common condition at even 22 years of age.

We hear so much about taking calcium, however, laboratory tests have clearly shown that taking calcium has no effect on the progress of Osteoporosis.

Large doses of inorganic, mineral calcium can cause constipation and kidney problems. The more additional calcium supplements one consumes, the less they absorb. Don't be led into believing that taking calcium will help your Osteoporosis. And milk and cheese urged upon us by the vigilant dairy industry only increases the loss due to its high protein content.

Even vegetarians, who are protein brainwashed and practice food combining, or use high amounts of dairy or meat analogues to increase protein intake, are as much at risk as meat eaters or more, as some eat more dairy protein than meat eaters.

## Osteoporosis

Go easy on protein, your body needs very little, and gets it best from live foods such as fruits and vegetables, and grains, with some seeds and nuts.

When in your life, do you grow the fastest and thus need the most protein? The newborn infant doubles his weight in about 180 days! How much protein is found in Mother's milk? It is only 1.2% protein!

If you eat enough whole, natural foods to maintain your body weight, you get plenty of protein.

Protein is not an energy food; in fact, it takes energy from the body to digest protein. It is not protein that the body likes to burn for energy fuel. Carbohydrates are our energy foods.

If you have Osteoporosis; avoid meat, dairy, and high protein animal foods.

If you want to increase your calcium, use sesame seeds, almonds, salad greens, fresh raw celery-carrot juice, and figs . Your body can only use calcium from plant sources, not from inorganic mineral or dairy sources.

Loss of bone material does not automatically occur with age, some people actually gain bone in later years. People in other societies with different dietary habits, eating little meat or dairy products, rarely if ever have Osteoporosis.

Smoking, alcohol, soft drinks, and caffeine as well as lack of exercise are also contributing factors.

Studies have shown that there is no relationship between amount of calcium intake and Osteoporosis, but there is clearly a relation with the amount of animal protein.

Throughout history people had no problem making bones that lasted a lifetime, without dairy products or calcium pills. Few could afford dairy. Now with abundant dairy we have abundant Osteoporosis. Why? Osteoporosis is rare in countries where milk is not used and highest in dairy using countries!

Osteoporosis correlates with protein in diet; higher protein, higher Osteoporosis.

location	hip # per 100,000	dairy intake in GMS/day	total GMS protein	animal protein GMS/day
USA	98	462	106	72
Sweden	70	502	89	59
HongKong	32	95	82	50
Black S.Africa	6	10	55	11

## Osteoporosis

Studies	Calcium intake	Low Protein	High Protein
A	500	+31	-120
B	500	+24	-116
C	800	+12	-85
D	1400	+10	-84
E	1400	+20	-65
Average	920	+19	-94

### **EFFECTS OF LOW AND HIGH PROTEIN DIET ON CALCIUM BALANCE.**

Effects of 30-40 Gms. day enough to cause Osteoporosis.

The average intake of protein in America is over 120 GMS daily. Most Americans are in negative calcium balance.

Only a few oz. of meat in the diet can be too much. Here is the good news; when a person changes his diet and adopts a low protein regime, the symptoms reverse and he gets better.

What is a safe dietary intake of protein? approx. 50 GMS: this would be:

6 oz. chicken

7 oz cod

1 1/3 cups cottage cheese

OR- 11 cups of rice

25 medium potatoes

Better to fill up on the grain and potatoes, vegetables and fruits. Studies have shown that plant-source proteins, even in large amounts do not cause the same mineral loss as animal proteins do.

On a high protein diet 225 GMS a day Adults loose 4% of their skeleton per year; even if they are taking 1400 mg. of calcium daily.

On a low protein diet, even with less than 50 mg daily dietary calcium intake they remain in positive calcium balance. Calcium supplements don't help!

What about hormones? In 1984 the National Institute of Health agreed that risk of uterine cancer increases with the use of estrogen therapy. Side effects of hormone therapy include; cancer, thrombophlebitis, weight gain or loss, high b/p, risk of diabetes, yeast infections, depression, rash, hair loss, nausea and vomiting, bloating, edema, sore breasts, irritability, gall bladder disease, headaches, and so on.

## Osteoporosis

Middle aged women in fear and desperation are spending millions on drugs and calcium and cow's milk products, and it is only crippling them more. Who is responsible for the lies? God help the innocent and suffering ones!

Why, if the research is clear, don't we hear more about this?

We are like Pilate, we ask, "What is truth?"

Then we leave before we hear the answer, because we don't like what we hear, and the big industries try to distort and hide the truth to pad their pockets. But what a loss in Human suffering!

### **MAY IS OSTEOPOROSIS AWARENESS MONTH**

The Hershey's Chocolate people want you (and your newspaper and TV stations) to know that May is National Osteoporosis Awareness month. This morning's press release (4/23/02) promotes calcium-rich chocolate milk:

Toby Purdy, spokesperson for the company that attempts to promote milk chocolate as nature's perfect health food, has this to say:

"We tend to ignore those health issues that we cannot feel or see...An easy and great-tasting way to increase your calcium intake is to consume our Hershey's Milks..."

The Hershey scientists continue to ignore the real science regarding bone disease.

They must have missed Harvey and Marilyn Diamond's best seller (11 million copies sold), *Fit For Life*. The Diamonds wrote: "Everything that you have been taught about calcium in milk is inaccurate and dishonest. Dairy products are a major cause of osteoporosis."

Osteoporosis is not a problem that should be associated with lack of calcium intake.

Osteoporosis results from calcium loss.

American women have been consuming an average of two pounds of milk per day for their entire lives, yet thirty million American women have osteoporosis. Drinking milk does not prevent bone loss. Bone loss is accelerated by ingesting too much protein, and milk has been called "liquid meat."

In order to absorb calcium, the body needs comparable amounts of another mineral element, magnesium. Milk and dairy products contain only small amounts of magnesium. Magnesium is the center atom of chlorophyll.

Hershey continues to ignore the following: "Osteoporosis is caused by a number of things, one of the most important being too much dietary protein." *Science* 1986; 233(4763)

"Countries with the highest rates of osteoporosis, such as the United States, England, and Sweden, consume the most milk. China and Japan, where people eat much less protein and dairy food, have low rates of osteoporosis." *Nutrition Action Health letter*, June, 1993

## Osteoporosis

"Dietary protein increases production of acid in the blood which can be neutralized by calcium mobilized from the skeleton." American Journal of Clinical Nutrition, 1995; 61 (4)

"Even when eating 1400 mg of calcium daily, one can lose up to 4% of his or her bone mass each year while consuming a high-protein diet." American Journal of Clinical Nutrition 1979; 32(4)

"Increasing one's protein intake by 100% may cause calcium loss to double." Journal of Nutrition, 1981; 111 (3)

"Consumption of dairy products, particularly at age 20 years, were associated with an increased risk of hip fractures...metabolism of dietary protein causes increased urinary excretion of calcium." American Journal of Epidemiology 1994; 139

Please send today's column to your local newspaper in the form of a letter to the editor. Feel free to take anything I have written and put your name on it.

Oh, yes. To all of you aware of the truth, have a Happy Osteoporosis Awareness month. Please share today's column with the clueless boneheads who are fooled by dairy propaganda.

Robert Cohen

<http://www.notmilk.com>