

## OSTEOPOROSIS – BONE LOSS

**Calcium:** In oriental medicine calcium and mineral- rich substances such as oyster shell, fluorite, gypsum, calcium and fossilized bones are taken for their cooling, relaxing, calming and moistening dimension, often found in formulas for insomnia, thirst, nervous anxiety. In western practice calcium food is taken to benefit the nerves and heart. In most western minds the primary benefit of calcium is to build and strengthen bones. In Chinese medicine, bone problems are treated by improving the kidney yin and yang (Kidney adrenal complex) function with foods and herbs that build the structural aspect of the body.

Here we offer an expanded approach to the concept of calcium deficiency and show most effective foods in the cure of so called calcium disorder.

The minerals in the body are in a delicate balance, if a deficiency in calcium exists, other minerals will be also deficient. The exact intake and ratio is a biochemical puzzle which scientists reinterpret and question from year to year. The last ratio of Calcium and magnesium intake is 1 to 2, which corresponds more closely to the natural ratio in a grain and vegetable diet. In fact a favorable mix of all known nutrients also for calcium absorption is found in a balanced whole food diet. To absorb calcium into the body an adequate amount of magnesium, phosphorus, vitamin A, C and D is needed, otherwise there is no absorption.

Vitamin D was widely recognized for the consumption of calcium but magnesium was ignored, but when put together the calcium level rose dramatically.

**Magnesium** creates the hormone calcitonin, which brings calcium into the bones. Many forms of arthritis are characterized by excess calcium appearing in the soft tissues while skeletal calcium is lacking.

### **The Food groups in order of their magnesium content are:**

- Dried seaweeds including wakame, kombu, kelp, hijiki, arame and most others.
- Beans including soybeans, mung beans, adzuki, black and lima beans.
- Whole grains, buckwheat, wheat berries, corn, barley, rye and rice.
- Nuts and seeds especially almonds, cashew, sesame seeds.
- High chlorophyll foods wheat and barley grass products, micro algae spirulina, wild green blue algae and chlorella.

-Chocolate.

-Animal products dairy eggs and meat and fruit contain the least amount of magnesium.

-Most refined food are lacking of magnesium.

Magnesium has also a relaxing affect on the muscle while calcium contracts the muscle. Often calcium blocking drugs are given to stop the vasospasm in heart disorder and headaches. A recommendation of magnesium would do the same purpose and is more desirable because it has no side affects. To overcome stress and neuromuscular tension drugs and alcohol are taken, certainly a much healthier alternative to the possibility of addiction and tranquilizer would be a plenty of magnesium rich food in the diet whole grain, beans, legumes, vegetable, seaweeds nuts and seeds.

**Chlorophyll is the regulator of Calcium.** Photosynthesis takes place in plants in the presents of sunlight and results in formation of chlorophyll.

The green plants are the most concentrated sources of chlorophyll. At the center of chlorophyll molecule is magnesium. Most green plants are valuable sources of phosphorus, vitamin A+C + D important cofactors for calcium absorption. Chlorophyll rich foods regulate calcium in the body and have the greatest concentration of calcium of any foods. Increasing the consumption of green plants is often a simple solution for calcium problems. Three common greens spinach, chard and beet greens are high in oxalic acid which tends to counteract their ability to supply calcium.

### **Three Calcium soups:**

– Soup of barley sprouts and kale ->barley must be whole in order to sprout. Vitamin A+C are invigorated through sprouting. Simmer with Kale for 10 min. Soaked barley can be substituted for sprouted barley but must be cooked longer.

– Beans with seaweeds -> a soup of beans and seaweeds is considered beneficial for kidneys and therefore for bones.

– Any bones from organically raised animals (like heals like) cooked with vegetable to extract marrow and various minerals. Soup with whole fish such as sardines or anchovies.

Older women and female athletes need more calcium than other women. At the age of 35 women tend to start to lose bone tissue. The Chinese explain it as the decline of the kidney adrenal function. In older age nutrients are more difficult to absorb and postmenopausal women often develop hormonal imbalances, which worsen the outlook of calcium retention. Doctors prescribe the hormone Estrogen, derived from animals such as Premarin. Better result is by taken both progesterone and estrogen. If estrogen is used in large amounts the increase of breast, uterus and ovaries cancer is higher. Perhaps those hormone treatments are most suitable for women with excessive use of calcium inhibitors such as coffee, refined sugar, meat and alcohol and refuse a generally wholesome diet.

Women who do intense exercise for long periods of time often have these same calcium problems as elder women. Moderate exercise prevents calcium loss.