

Calcium

By Bryon Verhaege

Advertising promotes the overt abuses of calcium. In our frenzy to keep our bones healthy we have stopped thinking about the soft tissues of our body.

What about the health of our heart, the brain, and joints? Are they not as, or even more important? Why are we being scared into taking calcium? As the consumption of calcium increases, all aspects of health decrease. The soft parts of the body calcify and we get old and brittle. We lose our memory and get high blood pressure. Too much calcium is dangerous to our well being.

In controlled medical studies it was found that when pregnant lab animals were supplemented with calcium, their babies were born dead or with cleft palates. Calcium is dangerous in pregnancy.



“If we sit on the couch for years and years our bones lose their flexibility and are more easily broken.”



In other studies it was found that when Great Dane puppies were supplemented with calcium they developed the disease called Rickets. This is where young animals have deformed bones. Some of the symptoms also include tissue tenderness and soreness over their entire bodies (fibro-myalgia), liver and spleen damage, deformed teeth, thin skull bones, and bone spurs or arthritis. Calcium in high doses causes bone deformities.

A baby contains relatively low levels of calcium so that the bones can flex for childbirth without breaking. Our bones grow while there are mostly made up of cartilage. The calcium is laid down starting from the center working outwardly towards the joints. Even as an adult the joint remains cartilage for comfortable movement. If calcium gets into the smooth and pliable tissue of the joint we develop pain. This pain is often described as arthritis and may show up in x-rays as bone spurs. These are ridges of calcium that are very painful. If we take calcium supplements this worsens. Basically calcium can cause joint pain.

When calcium exists outside of our body it is also known as limestone. This stone is very hard, brittle, and a long lasting rock. Some of the older heritage buildings are faced with this material because it is resistant to fungus and bacteria. The dense calcium is very inflexible and is easily broken. This is what happens to our bones when they are over calcified; they break and fracture. In old buildings the calcium cracks, crumbles, and falls apart. Calcium that is not exercised cracks, crumbles, and falls apart in our bodies just like old buildings. Notice young people are more

resistant to bone breakage. This is because their bones are more pliable and less calcified. As the bones calcify they become brittle.

Healthy life

Our healthy life is based firstly on the function of our heart and lungs. This is what I call life by the minute. The second most important part of remaining alive is the immune function to kill the bacteria and toxins that we breathe in. This is based on the bone marrow being able to produce white blood cells. There are many of these cells produced and are moved throughout the body to fight infection. The vast majorities are used in the lungs to fight bacteria and fungus.

The bone marrow is situated inside the bones because calcium rarely supports life. This is part of the defensive immune system to protect the production of aggressive immune system comprised in part by the white blood cells. Thus the bone marrow is protected from disease by being encased in calcium.



Calcium in bodies

The calcium in our bodies is unlike limestone in that it is bound to phosphorus and is changeable. This is called remodelling bone and is why the shape and size of our bones change. Hormones control this process. Our body actually takes the calcium out of the bone piece by piece and washes it in the urea of the kidney. The urea sterilizes the calcium and helps the kidney pull the water back into the body (concentrated urine) so that we don't lose all of our water. Then the cleaned calcium is moved back to the bone through the blood. High levels of calcium in the blood may indicate cancer.

High levels of calcium in the soft parts of the body are related to most of the diseases, including but not limited to; fibromyalgia, cataracts, retinal degeneration, blindness, loss of memory, dementia, arthritis, osteoporosis, osteopenia, kidney stones, gall stones, heart disease, high blood pressure, skin lumps and bumps, prostatitis, cysts, constipation, and the list goes on. Calcium needs to be in balance and where it belongs. We are healthy when we are flexible. The lungs flex, the brain flexes, the tendons and joints flex. The arteries flex, the heart flexes, etc.; when this flexibility is lost we are old and brittle. Calcium speeds up the ageing process. When we age faster we need prescription drugs sooner and become more profitable to the health 'industry' earlier in life. The countries that consume the highest amounts of milk have the highest rates of osteoporosis. How can it be simpler? Bombard people with advertising about the fear of bone loss. Get them to drink lots of soy or cow's milk and fortify all the food with calcium. Then rake in the profits from the sale of drugs.

Hormones regulate the whole process of bone remodelling.

If we have very high levels of growth hormone throughout our life we will develop larger bones and this is called giant-ism (acromegaly). If we have low levels of growth hormone we will shrink with age. Growth hormone is stimulated with a reduced caloric intake of food and exercise.

It is fairly well known that astronauts lose 2% of their bone density for each month spent without gravity. It was a constant problem for the Canadian swim team to end their careers with low bone density. Most of the Canadian swim team is male. Many things were tried to stop this problem.

Calcium supplementation did not work. The only thing that stopped the calcium loss was to initiate a weight room policy where the team was required to spend a couple days a week in the gym weight training, to counter the loss due to long times in water and the lessening of weight on their bones. Notice that the most impacted bones in osteoporosis are in the neck where there is less weight on the bone.

During puberty the testosterone of males influences the calcium to be laid down in the cartilage faster than the softening factors of estrogens in women. During puberty the male completes the calcification of the pubic bone to enhance the strength of the pelvic girdle. This is also why the male pelvis is smaller than a woman's. A woman's pelvis is larger and the pubic bone remains cartilaginous to allow for childbirth. During menopause her pubic bone continues to calcify and this may be a period in her life that exercise is more important.

Hormones control the conversion of cartilage to bone during adolescence. Cartilage easily grows larger; once the calcium is laid down, growth slows dramatically. Men calcify faster than women due to testosterone. This calcification is why men die sooner than women. Part of this is because the arteries calcify and blood flow diminishes through the body. This is why men need more drugs for high blood pressure than women.

Calcium in excess

Why would anyone promote calcium in excess? Well, women outlive men with fewer health problems. If you were selling health products how would you get women to buy more? One of the simplest and most effective marketing tools is fear. Advertise the fear of osteoporosis to women. Advertise a lot and get the professionals to promote it. Then when the arteries calcify, sell high blood pressure medications. When the cartilage at the ends of the bones calcify and cause pain, sell pain medication. When the muscle fibres calcify and fibromyalgia sets in, sell more pain medication and anti-depressants. When the lenses of the eyes calcify, do cataract surgery and, sell eye drops. Fear is one of the best motivators known to man and a very powerful marketing tool.

What is real scary to me is that our foods are becoming fortified with calcium. Soon no one will be able to escape excess intake of calcium.



“High levels of calcium in the blood may indicate cancer.”

“Walking or stair climbing are possibilities for bone health.”



What about Minerals?

For a mineral supplement I recommend minerals in the ratio of sea water. There the magnesium is five times greater than calcium. Also this fluid closely matches the mineral ratios of all the minerals found in our body, some 84 of them. Also in there is selenium and zinc, which are especially helpful to men. Excess calcium in men shows up as calcification of the prostate, called BPH (benign prostate hypertrophy). Salmon oil has a molecule in it called calcitonin, which enhances the movement of calcium throughout the body.

Calcifications are very slow to undo, but pain is a good motivator.