Top 5 Ways to Prevent Bone Loss
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Shocking research proves calcium supplements DO NOT decrease the risk of osteoporosis

But we know what can.
Reading this exposé could save your bones – and your life!

If you’re a woman over 50, you’re probably well-versed in the importance of bone health. In fact, if you’re a woman of any age you’re probably taking steps to make sure osteoporosis is not part of your future.

You may even have seen friends and family suffer from the debilitating effects of osteoporosis... broken bones... prolonged healing periods... loss of independence... and having to be put in nursing homes.

Which is why I’m willing to bet that in the hopes of decreasing your risk of osteoporosis, you’re taking a daily calcium supplement.

Yet – and this is the shocking truth that big pharma does NOT want you to know – the latest research in leading medical journals like The Lancet prove that what we’ve all been lead to believe about calcium just isn’t true!

Exploiting the calcium myth
It’s natural for big business to hope you won’t do your reading and put the truth about calcium supplements together, but the proof is beginning to gain steam.

How are calcium supplements putting North American bones and lives in danger?
If you grew up in North America, then it’s likely that the benefits of drinking enough milk and ingesting enough calcium were hammered into you from an early age. They certainly were in my childhood.

And while it is of vital importance to ensure you get enough calcium for growing bones, the benefits wane as you reach adulthood. To the point where – shockingly – calcium supplementation can even do harm.

The truth about calcium that big business doesn’t want you to know
Why is this information being kept from you? Why are health care practitioners pushing expensive calcium pills and why is the media not stepping up with a little more well-rounded reporting of the actual facts?
This misinformation we will refer to as “The Calcium Myth” has spread around the world based on the flawed belief that calcium is essential to bone health and your health in general.

But it has started to become clear through new research, and the woefully apparent dollar signs that big companies have in their eyes, that the benefits of calcium are more or less, imaginary.

The sad truth is that most mainstream health practitioners are so convinced by old school thinking and pharmaceutical marketing that they’ll ignore emerging proven research.

Let me ask you this... if you were being fed a line for the sole purpose of putting money into the pocket of a big calcium supplement company, or acting on the word of others who were deceiving you, wouldn’t you want to know? Of course you would.

You might be wondering, “are you just trying to scare me?” The short answer is a resounding “No.” There is one piece of information that is a real eye-opener as we begin to unravel and exploit the calcium myth.

Meet one of the companies behind the “Calcium Myth”

You’ve probably already heard of the popular calcium supplement Caltrate with its powerful slogan “Help Prevent Bone Loss with Caltrate.” But did you know that Caltrate is actually owned by Pfizer – the largest research-based pharmaceutical company?

Given its size and breadth of products, Pfizer has incredible sway over doctors and the public. To such an extent that Pfizer and Caltrate helped create the very belief that adult bones need calcium supplements to be healthy... despite the lack of science to back it up.

Given that Pfizer is so proud of its research department, how could they not know that calcium supplements have not been proven to prevent osteoporosis?

Which makes me wonder, are they just filling their pockets, with no regards for the real life consequences?

On the next few pages we’ll look at a number of more specific ways the “Calcium Myth” is leading you astray. And, how it could actually be harming you.

I’ll also share some secret, yet surprisingly simple, ways to help prevent osteoporosis without taking a single pill.

Calcium: Big business. Bigger deception

Do you realize that calcium is one of the most heavily advertised supplements in the world?

Knowing that, it’s not a huge surprise that, according to the Nutrition Business Journal, Americans spent $1.2 billion last year on calcium supplements alone. And a further $430 million dollars on calcium pills containing vitamin D.

People are throwing their money away because they are being told they need calcium! Not only this, but the hyped up North American dairy industry – that just so happens spend
For years, getting a lot of calcium has been portrayed as one of the best things you could do to prevent osteoporosis and related bone fractures. WRONG.

Millions of dollars on marketing dairy and calcium as necessary for strong bones – is worth billions of dollars.

But what’s most interesting of all is that milk could actually be depleting calcium from your bones.

It’s true. And here’s how it happens.

When we drink milk (or consume other animal proteins) it acidifies our body’s pH. In response, our body attempts to correct the imbalance. How? You guessed it, with calcium (an excelled acid neutralizer). And the biggest repository of calcium in our bodies is... in our bones!

It is a vicious circle! The same calcium our bones need to stay strong is used by our bodies to neutralize the acidifying effect of the milk we drink to strengthen our bones...

Once calcium is pulled out of our bones and into our bloodstream it leaves the body via our urine. At the end of it all, what we’re left with is a calcium deficit.

How is it that all this isn’t headline news? I ask myself the same question.

The milk myth is one that has been fed to consumers around the world by big dairy and pharma companies for a very long time and no one has really questioned it. Until now.

**Top three calcium myths... revealed**

We’ve talked about how we’ve all grown up with the importance of calcium being hammered into us (an importance that was further amplified and marketed by big business as we reached late adulthood) and about how pharma companies are capitalizing on the North American belief that our bones need calcium supplementation to be healthy.

Now it’s time to take a look at the specifics of the misinformation... and how science has disproven what we’ve been lead to believe about calcium is true.

Following are three powerful facts that are shifting the tide against calcium supplementation:

### **CALCIUM EXPOSÉ #1**

**Calcium supplements DO NOT improve bone health or help prevent fractures**

For years, getting a lot of calcium has been portrayed as one of the best things you could do to prevent osteoporosis and related bone fractures. WRONG.

In fact, Harvard researchers studied over 170,000 women who suffered from a total of almost 3,000 hip fractures, and guess what they found... There was “no association between total calcium intake and hip fracture risk.” They literally found the extra calcium did nothing!

Another 12-year long Harvard study of 78,000 women found that those who had the highest amounts of calcium intake actually broke 45% more bones than those with the lowest daily consumption.
Don’t get me wrong – osteoporosis is a dangerous epidemic that needs to be addressed

Here’s a startling fact: As many as half of all women and a quarter of men older than 50 will break a bone due to osteoporosis. Putting more than 40 million Americans at increased risk for bone fracture!

Each year, osteoporosis is a contributing factor in as many as 1.5 million fractures, including:

- About 300,000 hip fractures
- About 700,000 vertebral (spine) fractures
- About 250,000 wrist fractures
- About 300,000 fractures at other sites

Even worse, 20% of seniors who break a hip die within one year. Either from problems related to the broken bone itself, or the surgery to repair it.

That’s one in five people dead due to a broken hip! And many of those who do survive suffer from depression, loss of mobility and independence and often need long-term nursing home care.

By 2025, experts predict that osteoporosis will be responsible for approximately three million fractures and $25.3 billion in costs each year.

All the more reason to make sure that women – and all aging people – aren’t pinning their hopes on a supplement that has been proven NOT to help.

In 2008, a report out of Harvard Health stated, “Two studies showed that calcium didn’t prevent fractures—even when taken in combination with vitamin D.”

Another study showed that postmenopausal women who took a calcium-vitamin D combination were no less likely to break their hip than women who took a placebo pill.

Additionally, a 1994 study of elderly men and women in Australia showed that higher dairy product consumption was associated with an increased risk of fractures.

The studies go on and on and on... and they all come to the same startling conclusion: not only doesn’t calcium supplementation protect bones from fractures, but it actually increases the likelihood that a break will occur.

A step in the right direction...

Thankfully, there are signs that the world is starting to pay attention to science. Osteoporosis Canada itself has changed its recommendation, now suggesting that you get your calcium from dietary sources whenever possible!

That’s a huge shift in ideology. The tides are finally turning against calcium supplementation to support bone health. Do not be left behind. Stop risking your health and wasting your money.
Countries that consume less calcium don’t break as many bones

Caucasians over age 51 living primarily in North America are told by the U.S. Department of Health they need over 1,200 mg of calcium per day.

But T. Colin Campbell, a professor of nutritional biochemistry at Cornell University and author of The China Study, doesn’t agree. His studies have shown that Asians, who consume far less dietary calcium than Americans, have just a fraction of the bone fracture rate of Americans.

In fact, the hip fracture incidence in Asians is approximately 40% to 50% – less than half – of that in American Caucasians! This despite the US being one of the top countries for calcium intake.

Calcium supplements can cause incredible harm.

The overhyped calcium myth has spread around the world based on the incorrect belief that calcium supplements are absolutely essential to support bone health – at any age. But no one really mentions all the detrimental effects such a high blast of calcium can have on a person’s health.

These facts are so far removed from the “flood your body with calcium” theory mainstream medicine, big pharma and the dairy industry have been pushing that the situation would be laughable... if it wasn’t so alarming.

The American Journal of Clinical Nutrition states the irony of the calcium situation: “The calcium intake of much of the world’s population is low by American standards yet these populations develop and perform well without obvious signs of deficiency and are in calcium balance”.

What this means, quite simply, is that countries with the highest rates of osteoporosis and bone fractures, consume the most calcium. Whereas countries like China and Japan, where people consume much less calcium and have a much lower intake of calcium, have very low rates of osteoporosis.

How can this be true? I asked the same question and came across considerable data indicating that it may be the Asian diet, high in fruits and vegetables, which is protecting against fractures.

It’s also been reported that potassium – a mineral found in fruits and vegetables – can improve mineral balance, which in turn increases bone formation.

For now, it’s plain to see that although high calcium intakes have long been recommended to prevent osteoporosis, calcium supplements are clearly not the answer. And that osteoporotic fractures, like coronary artery disease, are largely a disease of Western societies.
Calcium supplements can give you a heart attack and kill you

If that doesn’t hit home, nothing will.

Recent findings published in the journal Heart analyzed data after tracking almost 24,000 men and women in Germany aged 35 to 64 for 11 years. Shockingly, the risk of having a heart attack almost doubled among calcium supplement users compared with non-users!

Professor Sabine Rohrmann of the division of cancer epidemiology and prevention at the University of Zurich spoke about her and her co-authors’ research saying, “This study suggests that increasing calcium intake from diet might not confer significant cardiovascular benefits, while calcium supplements, which might raise [heart attack] risk, should be taken with caution.”

This wasn’t the first research of its kind, either. According to a British Medical Journal meta-analysis, patients using calcium supplements showed a major increase in risk for myocardial infarction (medical term for Heart Attack).

The BMJ research selected 11 placebo-controlled studies, including nearly 12,000 subjects using calcium. The results showed a higher risk factor for stroke, myocardial infarction and sudden death.

This study found that women taking calcium (averaging about 1,000 mgs a day) had a 27% increased risk of a heart attack. That translated into 36 extra heart attacks over the course of two to five years.

If that isn’t enough to convince you, a second follow-up study was published showing that calcium and vitamin D supplements increased the risk of cardiovascular events in participants.

The study concluded that calcium supplements increase the risk of cardiovascular events, particularly myocardial infarction. Authors say “this data justifies a reassessment of the use of calcium supplements in older people.”

An editorial in JournalWATCH commented on the study saying, “Patients with osteoporosis should generally not be treated with calcium supplements, either alone or combined with vitamin D, unless they are also receiving an effective treatment for osteoporosis.” If that isn’t enough proof of the detrimental effects of calcium, take a look at this...

According to the National Institutes of Health, taking too much calcium in the form of supplements can lead to:

- Problems with kidney function and kidney stones
- Prostate cancer
- Constipation and digestive problems
• Higher levels of heart attacks and strokes

...and can keep the body from absorbing important nutrients, including iron, magnesium, phosphorus and zinc.

The director of geriatrics at St. Louis University Dr. John Morley goes on to say that those with certain conditions, including kidney problems and heart conditions, need to take extra care when considering calcium intake and supplements.

You’re probably asking, what it is about calcium supplements that is so harmful. Well, the answer isn’t 100% clear. But researchers have speculated that taking calcium in supplement form causes calcium blood levels to quickly spike to dangerous levels.

Here’s the kicker: when these mega doses of calcium flood our blood, it causes calcium to attach to our artery walls. In effect, it calcifies your arteries – giving plaque something to stick to.

The result is blood clots, heart attacks, strokes and other clotting abnormalities. In other words, nothing good. And a whole lot that’s potentially deadly. All from simply following doctors’ orders (or general health guidelines). Who would have thought?

Save yourself and stick to leafy greens and other dietary calcium options

Getting calcium from food is less dangerous because the calcium is absorbed in smaller amounts at various points throughout the day – causing no spike.

I don’t know about you, but learning that people taking calcium supplements were more than twice as likely to have heart attacks certainly shocked me. And has moved me to change the way I practice geriatric medicine considerably.

When I think of the many tens of thousands of people who are taking these supplements, the increase in risk translates to substantial lives lost. All for a minimal gain, if any.

In fact, the numbers suggest that if 1,000 people began taking calcium supplements, three fractures might be prevented — but six heart attacks or strokes would be caused!

I’m sure you’d agree that that is not a trade-off we should be making.

**Bone Health 101:**
The truth behind osteoporosis, bone health and inflammation

We all know who calcium supplements are directed at. The
catchy advertisements abound featuring women approaching 50 or older, either with osteoporosis or actively trying to prevent bone fractures.

While there’s no doubt that osteoporosis is a serious disease affecting a growing number of our aging population, after reading this exposé, I think you’ll agree that calcium supplements – no matter how hard big pharma wants you to believe it – will not keep you from bone fractures.

Even worse, they could do serious harm to your bones.

To help you better understand the REAL science of bone health, and counter some of the misinformation out there, here’s a little bone health 101.

Your bones are constantly remodeling. Also known as bone metabolism, bone remodeling is a lifelong process in which your body replaces mature bone tissue with new bone tissue. This process also controls the reshaping and replacement of bone following injuries and day-to-day damage.

Here’s where it gets interesting. Osteoporosis is actually thought to be the result of an imbalance in the body’s regulation of the bone remodeling process. In other words, when the rate of bone re-absorption exceeds the rate of new bone formation, the result is a decrease in bone mass.

New research is showing that inflammation may also be affecting bone mass in healthy women. In fact, factors involved in inflammation are linked with those critical for bone remodeling. And, certain pro-inflammatory compounds actually play a critical role in the breakdown of bone.

There are some pretty big guns in favor of this theory linking inflammation to bone loss. Researchers from Stanford University were quoted as saying, “we hypothesize that many cases of osteoporosis are also partially attributable to a maladaptation of the link between inflammation and bone remodeling”.

The link between inflammation and osteoporosis also emerges in conditions such as aging, menopause, pregnancy, transplantation and steroid administration. So if you boil it down, bone loss is more than just a nutritional issue: inflammation also plays a substantial role.

The missing mineral

Now keep in mind there are other, less talked about, but equally as important minerals for bone health. Calcium and magnesium taken together is certainly making some head-way (but don’t get too excited) in the fight against osteoporosis.

Research is now reporting that magnesium deficiency plays a significant role in the initial development of osteoporosis.

Several studies have shown that women suffering from osteoporosis tend
to have a lower magnesium intake than normal and also have lower levels of magnesium in their bones.

It is also clear that recommendations to postmenopausal women to increase calcium intake can lead to a poor calcium to magnesium ratio unless the magnesium intake is increased to a suitable 2:1 level.

Get this! A magnesium deficiency can heavily affect the body’s production of the biologically active form of vitamin D, which can further promote osteoporosis!

As in all things, balance is key

Unfortunately, when dealing with the 2:1 ratio of calcium to magnesium, a common result is that we wind up with much more calcium than magnesium for a good, healthy balance. Both minerals require each other for their absorption and utilization and must be provided in adequate amounts.

Furthermore, according to Osteoporosis Canada, there is a certain amount of calcium stored in our bodies from our bone-forming years. When too much additional calcium is ingested it simply cannot be absorbed, which can lead to some of the other health problems we’ve already discussed.

Here are more ways excess calcium can mess with your body:

- Your body will try to expel excess calcium through the kidney/urine pathway, but without enough vitamin C to make it water soluble, the possibility of kidney stones increases
- Excess calcium may be deposited in bone spurs or cysts in various spots on the skeleton
- Calcium can also be deposited in lungs, breasts and other various body tissues, causing calcareous spots on x-rays in these areas
- Excess calcium is the “backbone” of plaque found in blood vessels, and on teeth (removing excess calcium can lessen these problems)

How do you get rid of dangerous excess calcium?

One easy way is to make sure you take sufficient vitamin C to help flush it out of your system. As mentioned before, another good rule of thumb is to eat lots of green leafy vegetables. But the tricky part now becomes the idea of balance.

You must be aware of exactly how much calcium products you are consuming every day, while keeping in mind most milk products generally only have calcium so you have to supplement with magnesium to keep the balance.

Not an easy task, I assure you. But don’t worry. I’m about to share all-natural solutions that can help prevent osteoporosis.

When it comes to calcium, too many health practices are behind the times

A practical, science-based solution is long overdue.

Take sufficient vitamin C to help flush excess calcium out of your system.
There needs to be a shift in focus. Blasting your body with calcium could be hurting you, so it’s time to take your eye off the catchy advertisements and outdated health recommendations and regroup.

Start to make up your own mind about your health. There are other ways to optimize your bone health.

Researchers at Harvard Health agree. And have concluded that “with few exceptions, all North Americans are receiving enough calcium and vitamin D. Higher levels have not been shown to provide greater benefits, and in fact, they have been linked to other health problems, challenging the concept that that more is better.”

Some examples of calcium-rich foods are sardines, tofu, almonds, beans and chick peas. As mentioned, you also need exercise to maintain bone health.

The bottom line is this: you need to remember that your nutritional needs are very individual. So the idea that calcium is the miracle that can cure or prevent such a serious onslaught of problems is dead wrong.

Thankfully, there are a number of things you yourself can do to help ensure your bones are healthy for years to come.

Check out my top five ways to prevent bone loss

The news isn’t all bad – prevention is key!

So what CAN you do to prevent bone loss? Don’t buy another bottle of calcium pills! Try these all-natural secrets to bone health instead:

1. Keep active and exercise your entire body. According to the U.S. Surgeon General, “evidence suggests that the most beneficial activity regimens for bone health include strength-training or resistance-training activities. These activities place levels of loading on bone that are beyond those seen in everyday activities.”

2. Adopt a complete and nutritious diet. Cut out all the junk. Pure fruit juice and soy or rice milk are healthy ideas. If you crave harmful salty snacks, try some unsalted almonds and walnuts. A well-balanced diet high in fruits and vegetables and low in saturated or trans fat is ideal.

3. Consider adding soy foods to your diet. Soy foods contain plant estrogens, which may help to reduce bone loss. They also contain calcium. In this
case, eat the food, and don’t worry about the supplements. Chances are, your diet has more calcium than you need, even as a preventative.

4. **Practice a low-acid diet.**
   Low-acid eating was first flagged as showing promise back in 1968 by two American doctors in the medical journal *The Lancet*. Supporters of the theory say acidic foods strip away at bone health, and that eating low-acid foods as part of a diet plan laden with fruits and vegetables could lead to much stronger overall bone health than the typical North American diet rich in dairy products.

5. **Try weight-bearing exercise.** These types of exercise (such as walking and running) send your bones the message that they need strength, which starts the bone-building process.

   Of course, you don’t have to take on all five of these recommendations overnight. Try starting with one or two that fit best into your life. And then take it from there.

   Research has proven that with a few steps in the right direction, you can make a positive change in your bone health all without the use of calcium supplements.

   **For your health and your pocket book, stop taking calcium supplements**

   Although we’ve been led to believe there’s a calcium crisis going on, putting our bones at risk, supplementing with calcium is not the answer.

   Despite all of the calcium supplements we take, the fracture rate in North America is still sky high!

   Remember, time and again clinical studies have proven that calcium supplements:
   - Don’t decrease fracture risk
   - Aren’t of benefit in the battle against osteoporosis
   - Don’t increase bone health after the bone-forming years
   - Can increase your risk of a heart attack and other ailments

   But supplement companies wouldn’t make any money off the theory that eating a healthy diet and getting your body moving could be the easiest ways to maintain bone health.

   It’s pretty simple. If calcium and calcium supplements don’t make your bones stronger or prevent osteoporosis, and if other cultures who consume less calcium have stronger bones, then there is a massive deception going on.

   **It’s about time you were made aware**

   See page 13 for carefully provided detailed referral information for you and your doctor in the Sources section of this report.
Sources


Calcium Intake Statement - Osteoporosis Canada www.osteoporosis.ca/index.php/ci_id/9930/la_id/1.htm


Do we really need all that calcium? http://www.health.harvard.edu/fhg/updates/Do-we-really-need-all-that-calcium.shtml