



## What You Should Know About Osteoporosis

*(From an Article by Dr. Burstein Appearing in The Independent Press, Wednesday, February 5, 1992)*

By Dr. Edward M. Burstein

What's the cause of Osteoporosis? Too little calcium in the diet? Beep. Wrong answer! Calcium is, in fact, a link to Osteoporosis - but not in the way most people think it is. In this era of mega medical information and research, Osteoporosis is still a mystery to most people and, unfortunately, many doctors.

Osteoporosis is the weakening of the bony skeleton. It occurs when there is not enough calcium for the bones to be rebuilt properly - that is, more calcium is lost from the body than is replaced. After this has gone on for some time, the bones become weak, brittle and more likely to break down. This condition affects 10 to 20 million people in varying degrees and is now detected in those as young as 25 years of age. As reported in Health & Healing, at least 20,000 women die each year within six months of a hip fracture.

Yes, calcium is important for the development and health of the bones. But, it is also essential for proper nerve response, muscle control, blood clotting, blood pressure and heart rhythm - which is dependent upon an exact calcium level in the blood. This is where all the trouble starts. When the calcium level in the blood drops and the body doesn't supply any usable calcium from the diet, calcium will be borrowed from the bones. The loss of calcium is not the cause of osteoporosis, but rather the effect - the inevitable result when the body is forced to compensate.

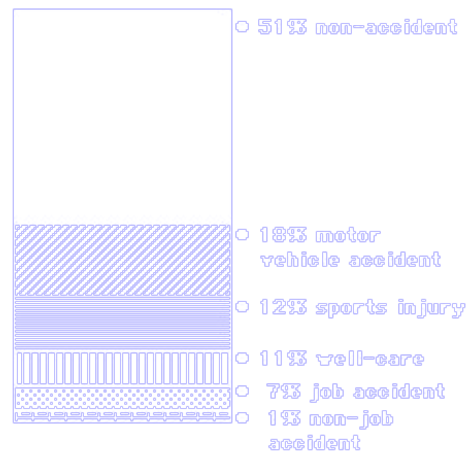
What's usable calcium and how do you make sure your body has enough of it? There are two kinds of calcium: organic and inorganic. Organic calcium is the kind found in living things, such as plants. Because of its nature, organic calcium from fruits and vegetables is easily broken down and therefore the body can easily absorb it and replenish the bones. Inorganic calcium comes from minerals and is too strong for the body to break down.

Osteoporosis, therefore, occurs when the body doesn't get enough usable calcium from fruits and vegetables and then borrows calcium from the bones. On top of this is the fact that Americans eat too much animal protein, which only adds to the amount of calcium lost from the body. A diet high in protein leaves toxic acids in the body, which requires calcium and other minerals from the bones to neutralize them. These minerals are then lost through the urine. The bottom line is the more animal protein you eat, the more calcium you flush down the toilet.

So, what's the cause of osteoporosis? Too little usable calcium in the body due to lack of fruits and vegetables in the diet and too much protein. Ding! Right answer!

### An Interesting Tidbit

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*Source: Journal of Manipulative and Physiological Therapeutics*



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Editor's note: Dr. Burstein is founder and Clinical Director of the Berkeley Heights Chiropractic Center, a multi-doctor holistic health care center dedicated to natural healing and optimum health. He has been awarded the status of Teaching Diplomate by the International College of Applied Kinesiology, and shares this distinction with only four other chiropractors in the state and 117 worldwide. Dr. Burstein has lectured at Overlook Hospital and Robert Wood Johnson University Hospital on immune, autoimmune and chronic degenerative diseases. For information, call (908) 665-0770.