



## Protein Can Weaken Bones

*(From an Article by Dr. Burstein Appearing in The Independent Press, Wednesday, March 11, 1992)*

By Dr. Edward M. Burstein

Osteoporosis is the weakening of the bony skeleton due to lack of usable calcium in the diet complicated by too much protein. Let's look at why too much protein isn't healthy, how much is too much, and what can be done to reduce the risk of osteoporosis.

As mentioned, a diet high in animal protein leaves toxic acids in the body. In order to neutralize (or break down) these toxins, the body uses calcium and other minerals. And, if the needed calcium isn't coming from the diet then the body will borrow what it needs from the bones and then dispose of it through the urine.

A simple solution is to eat more fresh fruits and vegetables - the primary source for organic, or usable, calcium. Fruits and vegetables also supply the body with every complete protein it needs for all bodily functions. Needless to say, the American diet isn't quite so disciplined. As more and more animal protein is consumed, more and more calcium is flushed down the toilet! It doesn't matter how much calcium is taken in the form of a vitamin supplement or the amount of fruits and vegetables that are eaten. If the amount of animal protein in the diet remains high, valuable calcium will be lost. Remember too, that pasteurized cow's milk is NOT a source of usable calcium but rather a hard, mineral calcium that gets "dumped" into the bloodstream. Recent research has shown that 47 grams or more of protein will result in osteoporosis. The average American eats 100 -150 grams of protein a day. Consider the following:

Food Item	Grams of Protein
6 oz sirloin	54
6 oz chicken	40
1 cup lima beans	16
1 cup whole milk	9
1 egg	6
1 piece of chocolate cake	5
1 slice of bread	3
1 biscuit	3
1 cup greenbeans	2
1 cup grapefruit juice	1

According to the table it's very obvious why fresh fruits and vegetables should be a major portion of the daily diet. Most health practitioners recommend keeping the amount of protein to 15-20 grams per day. Truthfully, milk and meat to build "strong bones" is only an advertising campaign. Osteoporosis is the real result.

Nutrients are also involved in the prevention of bone loss. Particular attention should be paid to vitamins B6, D, K, C



**BERKELEY HEIGHTS**

CHIROPRACTIC CENTER

*Pain relief, and more, for a healthy life*

and folic acid, as well as necessary minerals, including magnesium, boron, zinc, copper, manganese and trace minerals. Using Applied Kinesiology and other standard methods of diagnosis, an individual's need for specific vitamins and nutrients can be easily determined.

In addition to a healthier diet as well as vitamin and nutrient supplementation, exercise will also help keep the bones from wasting away. The age-old principle "use it or lose it" is a valuable lesson to live by. Since the skeleton is maintained and strengthened by resistance to gravity, walking and mild weight lifting are excellent means to dense, strong bones! Regularity is the key: bones, and muscles which support bones, need routine exercise to keep them strong and healthy.

As the awareness for diet and exercise increases, hopefully the prevalence of osteoporosis will decrease. Let's make "couch potatoes" who lie around and eat cheeseburgers a thing of the past. There's a new and better way to live!

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.