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Osteoporosis, because digestion can be so damaged that minerals are not absorbed. Researchers concluded that the number of people newly diagnosed with coeliac disease who had osteoporosis is high enough to justify routine gluten screening of those with osteoporosis. Unfortunately, the medical diagnosing is not accurate, hence the large number of people are gluten intolerant, but don't know it. See Diagnosing on page 6 to do your own very accurate muscle test in a minute to check for gluten allergy and other allergies.

One in three women suffers from osteoporosis after reaching menopause. That is why they should prevent this risk long before. How? With two glasses of milk per day, and Magnesium in Good Health Thompson's Organic Magnesium, copper in Maple Syrup and zinc and other essential elements. all help soften bones. Comparable 85, Mg 90 and boron Philippines coconut oil

A healthy adult needs 1,000 mg calcium per day and after the age of 50 approximately 1,200 mg. This means two cups of milk or 500 ml of yogurt, or 50g of cheese through the day. All milk products, even if they are skimmed, have about the same calcium content.

Osteoporosis is not a problem that should be associated with lack of calcium intake. Osteoporosis results from calcium loss. American women have been consuming an average of two pounds of milk per day for their entire lives, yet thirty million American women have osteoporosis. Drinking milk does not prevent bone loss. Bone loss is accelerated by ingesting too much protein, and milk has been called "liquid meat."

In order to absorb calcium, the body needs comparable amounts of another mineral element, magnesium. Dairy products contain only small amounts of magnesium.

Hershey, along with many in the dairy industry, continues to ignore the following:

"Osteoporosis is caused by a number of things, one of the most important being too much dietary protein." - Science 1986;233(4763)

"Countries with the highest rates of osteoporosis, such as the United States, England, and Sweden, consume the most milk. China and Japan, where people eat much less protein and dairy food, have low rates of osteoporosis." - Nutrition Action Health letter June, 1993

"Excess dietary protein increases production of acid in the blood which is then neutralised by calcium mobilised from the skeleton." - American Journal of Clinical Nutrition 1995; 61

"Even when eating 1,400 mg of calcium daily, one can lose up to 4% of his or her bone mass each year while consuming a high-protein diet." - American Journal of Clinical Nutrition 1979.

"Increasing one's protein intake by 100% may cause calcium loss to double." - Journal of Nutrition 1981.

### From Wikipedia

Fractures are the most dangerous aspect of osteoporosis. Debilitating acute and chronic pain in the elderly is often attributed to fractures from osteoporosis and can lead to further disability and early mortality. These fractures may also be asymptomatic. The symptoms of a vertebral collapse ("compression fracture") are sudden back pain, often with radicular pain (shooting pain due to nerve root compression) and rarely with spinal cord compression or cauda equina syndrome.

[If you have Pages Multiple vertebral fractures lead to a stooped posture, loss of height, and chronic pain with resultant reduction in mobility.

Fractures of the long bones acutely impair mobility and may require surgery. Hip fracture, in particular, usually requires prompt surgery, as serious risks are associated with it, such as deep vein thrombosis and pulmonary embolism, and increased mortality.

Fracture risk calculators assess the risk of fracture based upon several criteria, including BMD, age, smoking, alcohol usage, weight, and gender. Recognised calculators include FRAX[5] and Dubbo.

## Falls risk

The increased risk of falling associated with aging leads to fractures of the wrist, spine, and hip. The risk of falling, in turn, is increased by impaired eyesight due to any cause (e.g. glaucoma, macular degeneration), balance disorder, movement disorders (e.g. Parkinson's disease), dementia, and sarcopenia (age-related loss of skeletal muscle). Collapse (transient loss of postural tone with or without loss of consciousness) leads to a significant risk of falls; causes of syncope are manifold, but may include cardiac arrhythmias (irregular heart beat), vasovagal syncope, orthostatic hypotension (abnormal drop in blood pressure on standing up), and seizures. Removal of obstacles and loose carpets in the living environment may substantially reduce falls. Those with previous falls, as well as those with gait or balance disorders, are most at risk.[6]

-----Original Message-----

From: Vaughan Jones  
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Sent: 1 November 2004 22:50

To: [julia@bones.org.nz](mailto:julia@bones.org.nz)

Cc: [nzmagazineshop@xtra.co.nz](mailto:nzmagazineshop@xtra.co.nz)

Subject: Osteoporosis

Your article on osteoporosis in October SHE was very good, but I'm sorry to say it lacked what farmers and veterinarians would call common sense.

You might wonder who I am. I can email you my full four page CV which modestly shows success in everything chosen, including winning the Waikato's most improved dairy farmer in 1959 getting a week in Wellington as a guest of the NZ Dairy Board. A few paragraphs from the CV are near the end of this email.

I have studied animal health, food and supplements since 1955 and human health since 1986 by reading all the books and articles I could find, asking questions of specialists, chemists, health shops and others in human and animal health, plus searching the Net for things such as osteoporosis, "Joint"+"pain", Antioxidants, Alzheimer's, Celiac, etc.

I have written 20 chapters on human health (available free) and given these to many who have asked how I am so active at 73 (now 83) and still working, helping farmers and others for the love of it.

Veterinarians and farmers are far more knowledgeable than doctors when it comes to health.

12,000 dairy farmers in New Zealand calve an average of 380 cows each every year totalling 4,000,000 nationally and have to know what and when to supplement to avoid problems and to make a profit when receiving only half the world average price for milk.

Farmers know to apply lime (calcium) and magnesium (Serpentine is best) to their soils on a regular basis because cows' milk drains a lot of them from farms. Analyses of the typical vegetables we eat show that their calcium levels are low because there is no reward to vegetable growers for applying LimeMagPlus, agricultural lime, Serpentine and other synergistic elements, based on pasture analyses.

Farmers know to supplement cows pre-calving with magnesium, NOT calcium because a high calcium intake reduces its absorption efficiency which causes cows to go down with milk fever (calcium deficiency) after calving when they suddenly need a lot.

Farmers know to increase calcium intake naturally immediately after calving when cows need it to suddenly produce about 20 litres of milk a day. Full feeding with clover based pasture which has 0.75% calcium gives them 110 grams a day, 60 grams of phosphorus (ratio should be about 2 Ca to 1 P) and 0.3 grams of boron to help absorb the calcium.

Calcium and phosphorus are the most important minerals for dairy cows and are discussed together because of the many interactions between them and because the supply of one affects the utilization of the other.

Calcium and phosphorus are the major mineral constituents of bone, teeth and milk. Bone serves as a readily available pool of calcium and phosphorus during early lactation when dietary intake and absorption are not sufficient to meet the requirements for the level of milk produced.

Boron, high in bone, is synergistic with calcium. For 50 years farmers have known to use Calcium

Boro (Boron) Gluconate as a cure for cows which go down with milk fever from low calcium.

The 50 years is par for information to be accepted by health authorities. It was 50 years after Captain Cook had saved his crews from getting scurvy that the British Royal Navy did the same. Ruakura Animal Research Station in Hamilton did better. They rubbished farmer Gladys Reid's use of zinc to prevent facial eczema in ruminants for six years before copying it. Facial eczema was costing farmers \$800,000 (Department of Agriculture figure) a year and causing dreadful animal suffering.

In high rainfall areas like most of New Zealand, boron is low. Our food will certainly be low in it. On the West Coast where the rainfall is about three metres pa (three times what it is here) cows were not able to stand up after being given milk fever treatment, possibly like Libby Jones because of severe pain. When they did stand and walk their pin bones clicked. Farmers worked out it was low boron limiting the absorption of calcium. Fertilising with it solved the problem.

In China many decades ago they noticed that in one area people had more osteoporosis and that their knees clicked when standing up while in another area these problems were just about non-existent. The government checked everything and found that the osteo area was low in boron while it was adequate in the other area.

Tens years ago when I stood up my knees clicked (which can't be good for them). After reading the above I started taking boron with calcium and they have not clicked since and I'm now 83.

About 98% of Ca is absorbed in milk fed calves and only about 22% in mature cattle. Is this the same with humans?

The craze to consume oceans of calcium without enough boron and magnesium can result in low absorption of calcium. Excess calcium without phosphorus and copper can cause brittle bones - osteoporosis!

Sheep farmers in Poverty Bay where copper is low, know to fertiliser with copper sulphate at only 5 kg/hectare every few years to stop newly born lambs breaking their legs on their steep hillsides.

Copper, which is lacking in much of New Zealand, is a soft metal that keeps bones soft rather than brittle. Is the Osteoporosis Society recommending copper be at optimum levels?

The whole of New Zealand is low in selenium, as is Finland where they legislated 20 years ago that all fertilisers had to have selenium added at the equivalent of 10 grams/hectare at a cost of only \$8/hectare once a year. Our animal farmers fertilise with selenium and benefit from radically improved animal health. Prior to doing so, many lambs in particular, died of white muscle disease. Muscles support backs. When they can't, backs fail and bones get blamed.

In 1957 it was discovered in both New Zealand and the Pacific North West USA at about the same time to be an essential element for animal health and that it could eliminate white muscle disease, also known as muscular dystrophy in sheep, which was common in much of New Zealand and Oregon/Washington, both winter rainfall areas, and some other countries.

In 1959 it was found that Se and vitamin E were synergistic. Animals eating green pasture get more than enough vitamin E.

Low levels cause humans to have stiff necks and old cows to get arched backs (osteo backs) as in humans with osteo. Our vegetable growers don't fertilise with it because there is no reward for doing so. It should be legislated to do so, as in Finland.

For humans a doctor's typical statement should be, "It is important that you eat a wide variety of foods in order to get a good supply of nutrients for bone health."

In New Zealand where many elements are lacking it doesn't matter what one eats, some elements will be deficient. Much of the health research and recommendations come from the Northern Hemisphere where mineral levels are sometimes quite different. The average selenium blood levels in the UK are double what they are here.

Another typical statement is, "Osteoporosis is characterized by the exaggerated loss of bone mass and by poor bone quality."

Surely 'quality' is affected by the level of all essential elements. Have they been measured?

Where can I get bone element analysis figures? I searched the Net and could not find any, but there are thousands on density without details of minerals.

Why don't the organisations trying to help osteo, analyse element levels in perfect bones or nails and then analyse bones or nails of sufferers to know what is lacking? Specialists scan for bone density

without specific details of deficiencies and make recommendations for treatment with medicines without recommending the consumption of the elements that could be lacking, to correct the cause. Bones can be re-mineralised.

If your excellent publication did research on healing backs you'd find that physiotherapists have a bad record, while gentle manipulators like the Morgan Clinics in Hamilton and Tauranga (not chiropractors), have an excellent record of curing a very high percentage with an average number of only 2.2 ten-minute treatments. Many crawl in crippled and walk out relieved. Physiotherapy takes many more half hour visits, and time on its own does most of the healing.

Physiotherapists usually recommend exercise and heat on the painful area which are the worst things possible. Rest and a cold compress every hour or two recommended by the Morgan Clinics work because it encourages blood circulation to the area.

A few vets and some farmers still don't believe in supplementing with minerals. The first vet to recommend them in the 50s was criticised by his colleagues and almost evicted from the association of vets, but he was so successful and so much in demand by farmers that others had to follow. Five years ago I had an argument with a vet who still didn't think supplementing with minerals was necessary.

When you drive around almost all the cows you see get magnesium supplemented in winter and spring which increases milk production by 15% and zinc in summer which stops liver damage. Trace elements such as cobalt, copper and selenium are added to fertilisers. Cadmium is avoided and should be regulated by government. One phosphate fertiliser imported from USA was very high in cadmium and is no longer imported. High cadmium causes severe osteo. Excess fluoride can lower calcium absorption and cause brittle and other bone problems in adults, but government and most dentists recommend it. A survey of osteo rates in Hamilton where water is fluoridated and Tauranga where it is not would be interesting.

Aluminium is another toxin which is antagonistic to calcium and phosphorus, but people drink liquids stored and sold in aluminium cans. Aluminium cooking pots and food containers should be banned.

New Zealand animal farmers are decades ahead of other countries in analysing pasture for the 17 essential elements, fertilising to correct levels, and grazing management of pasture.

Human medical authorities repeat the necessity for calcium, but they know nothing and do nothing about checking and supplementing with the right amount of phosphorus (too much lowers calcium absorption) copper, zinc (too much lowers copper absorption), manganese (too much causes Parkinson's disease), chromium, boron, iodine and selenium and do little about magnesium.

Iodine deficiency problems have increased since the attack on salt consumption and the increased use of non-iodised salt. The government should recommend an increase the amount of iodine in salt to counter this. Is low iodine to blame for the excess hormone production?

Vitamin D is promoted. What about vitamin K?

Because vegetable and fruit growers don't fertilise with trace elements required by humans, vegetarians in New Zealand can get little boron or selenium. They can get too much copper from copper pipes in homes and copper sprays used on some fruits and plants.

I have written more than 300 articles and represented New Zealand twice overseas at international agricultural journalist conferences.

Would you like me to write one on the topics above? I have figures and photos to back up many statements.

You don't know me so a few paragraphs from my CV may help -

1968 Foundation member of the New Zealand National Fieldays Society Inc., and first chairman of Exhibits Committee then became the Society's first general manager taking it from no assets to a million dollars by 1979 when the Fieldays became the Southern Hemisphere's largest agricultural event.

1979 resigned from Fieldays for a new challenge and to increase exports as Group Marketing Manager of Gallagher Group specialising in exporting, promotion, staff selection, staff and distributor training, chaired Gallagher Research and Development, and developed their Peat Demonstration Farm. Changed the Gallagher marketing system in New Zealand to employing successful farmers as area managers.

Gallagher rose from 40 to 70% of the NZ electric fencing market, leaving only 30% for the other three manufacturers.

Helped win the Governor General's Export Award for the Gallagher Group in 1982, having almost doubled their export sales each year for five years.

1985 marketing consultant to DeLaval sourcing and launching new products, training staff and dealers, and doing DeLaval promotion.

Set up DeLaval marketing department and did all their marketing increasing their sales by 50% annually even during dairying downturns.

1986 invited to join and submit suggestions for the Ministerial Working Party on Science and Technology chaired by Sir David Beattie.

Developed Solminix for DeLaval, the first soluble mineral mix fed to animals through drinking water which improved animal health and growth. Since copied by four companies.

A New Zealand farmer client won the Thames Valley Dairy Farmer award.

In Japan two of dairy farmer clients won national "Most Profitable Dairy Farmer" awards.

Made videos for USA and Japanese agricultural markets. These discreetly promoted New Zealand equipment.

Written over 50 farming computer software programmes to help farmers and consultants with every farming operation and increase profit. Some are the only ones of their type in the world.

1996 appointed to the Waikato Peat Management Advisory Group.

1997 did a report for Environment Waikato on farming peat correctly and on preserving peat reserves.

My wife enjoys 'SHE' and I should tell you that Libby Jones is our daughter, so you can understand my concern.

I look forward to hearing from you.

Vaughan Jones

Address

Julia Gallagher                      5 November 2004  
Executive Manager  
Osteoporosis NZ Inc

Dear Mr Jones

Many thanks for your correspondence.

I will have to refer it to my Scientific Committee for a full response, they next meet in February. You have certainly made some excellent points which I know the Committee will want to consider in full.

We were delighted with the 'She' magazine article, Libby's 'case study' of course highlighted some of the issues relating to osteoporosis. We are at the beginning of a large public awareness campaign and so educating the public is a priority. At this early stage of the campaign, messages must be simple and personalised, thus making people think - how does this affect me? Once they are more receptive to the message, and wanting more information, we can then provide more detail.

I will keep you informed of the Scientific Committee's progress.

Yours sincerely

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No information has come!