On the Osteoporosis Front

A recent study published in the journal, *Skeletal Radiology* concludes that fluoride-induced osteoporosis is an early warning sign of skeletal fluorosis. The authors note, "that in a majority of our cases, osteosclerosis in the spine and pelvis was always combined with osteoporosis of the long bones."

The deposits of the fluoride largely in the spine and pelvis sets off a chain of events which causes the already spongy bone of the long bones to lose even more bone mineral content. The bone deposited with fluoride leads to an overactive parathyroid glands. And the long bone of the extremities is more vulnerable to the increased amount of the parathyroid hormone released and ends up causing an over-absorption of bone brittle and weakened bone results.

The only group that did not show a decreased bone mineral content were the local residents of Tianjin where the fluoride content of drinking water was 0.4 ppm.

Even the group with good nutrition showed decreased bone mineral content and bony abnormalities. These included hardening (calification) of the ligaments that should be elastic and flexible in a healthy state. Also common was the degeneration of joints.

This data is in direct contradiction to that of many health officials who are advised to raise the fluoride level in their communities artificially to even one part per million. With the widespread use these days of fluoride dentrifices, mouthwashes, etc. plus the consumption of so many products processed in fluoridated cities, this information about fluoride-induced osteoporosis in the long bones is quite disturbing. In fact, this information would make it advisable to keep fluoride ingestion at a minimum, especially for those concerned about their bone mineral loss. *(Reference: Skeletal Radiology, (1986) 15:350-353).*

More on Osteoporosis

The China study reported in the *Skeletal Radiology* also was confirmed by the results of Dr. Lawrence Riggs from the *Mayo Clinic* in which his use of sodium fluoride therapy showed that the long bones of the hip, legs and arms suffered loss of bone density as the vertebra increased in density.

But, even the vertebra may not have had the positive effect once thought. Several specialists say that there are problems with the fluoride-induced bone growth and that, in fact, the *bone* generated *by fluoride* may be *more brittle,* and not stronger at all. Additionally the fluoride caused gastro-intestinal bleeding. And in up to 50% of the patients it (fluoride) failed to stimulate new bone growth.

what do you do

*(Ed. note: Because of the contradictory information about treating and preventing osteoporosis—a disease which affects millions—***UPDATE** *felt an obligation to give you some do's and don't's on bone building for which we thank Dr. Barbara Lukert, co-director of the Kansas University Medical Center Osteoporosis Clinic and the KU journal, the Explore.)*

BONE-MAKERS

*** Calcium & Vitamin D.** Controversy still exists about whether dietary calcium prevents osteoporosis, but Dr. Lukert recommends 1,000 miligrams a day for premenopausal women, 1,500 milligrams for postmenopausal women. But, more is not better, because as it passes through the kidney, it can become the stuff that kidney stones are made of. (As a friend of mine found out). Dr. Lukert recommends the standard daily dose of vitamin D-400 units. The most current research also shows that estrogen application topically, is a vital part of this program.

*** Balanced diet.** Weight-reducing diets that restrict carbohydrates intake may actually promote calcium loss in urine. High protein diets cause heavy excretion of organic acids, and acids drag calcium along with them. Getting the four basic food groups each day provides a variety more likely to supply the needed calcium and trace minerals.

BONE-BREAKERS

*** Exercise.** Dr. Lukert recommends extension exercises; these strengthen the muscles that straighten the back. The extensor muscles of back are very important in preserving and building good structural integrity.

*** Caffeine.** The coffee drinker with caffeine causes a loss of calcium in urine.

*** Smoking.** This appears to accelerate bone loss for reasons still undetermined.

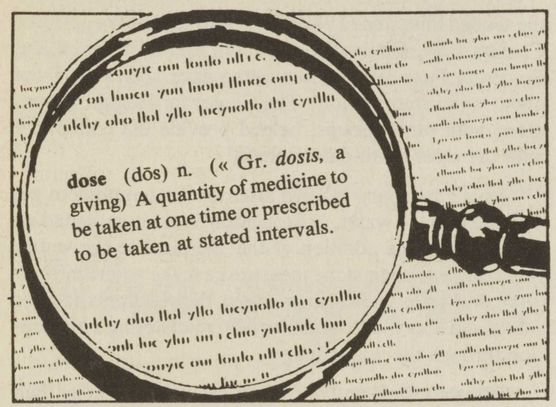
*** Alcohol.** This increases both bone loss and calcium loss in urine.

*** Soft Drinks.** Soda pop contains phosphoric acid, whose presence in the body may indirectly spur the release of the parathyroid hormone, which prompts bone loss.

The annual national bill for treating osteoporosis-related bone fractures has risen to about $7 billion. We hope that some of these tips will help our readers establish some bone-making habits.

continued from page 1

"dosage" (Webster's Unabridged Dictionary) means the "quantity of medicine given or prescribed to be taken at one time or at stated intervals." By definition, then, we



wonder why the word "dosage" is applied to a naturally occuring contaminant. Dosage refers to a prescribed amount of a medication. It is clear that even the authorities who justify water fluoridation understand the equivalency since they indicate their description of the fluoridation process that one part per million fluoride is the same as one milligram per liter of fluoride.

What has happened at E.P.A. is really not new. The Center for Health Action has seen letters as long as ten years ago from dental associations imploring and requesting that the E.P.A. drop fluoride from the contaminant list altogether! Now, some of the E.P.A.'s scientists, who believe in high ethical standards and scientific integrity, have seen this political cover-up and total abandonment of science and they want it stopped. Dr. Robert Carton, president of the N.F.F.E. local 2050 told Zemba, the fluoride standard was based on "political pressure without any regard for the facts. A political decision was made and something was ginned up to fit the political decision."

Carton says that the E.P.A.'s scientific documentation to justify the new fluoride standard is "woefully inadequate." "The documents ignore at least two dozen studies that link fluoride to genetic defects in humans, said Carton. The major complaint of the union, according to Carton is that the E.P.A. employees were asked to manipulate and ignore information to reach a predetermined conclusion. "I want to protect these people from political pressures so that they're allowed to do an honest job," he says.

Water Is For Everybody Fluoridation Isn't

WATER IS FOR EVERYBODY. FLUORIDATION ISN'T.

New brochure available! This condensed, easy-to-read pamphlet which was used and designed for the fluoridation vote in San Antonio, Texas has been revised for general use in YOUR COMMUNITY!

These informative brochures are great for waiting rooms, libraries, health food stores and a good introductory piece for elections.

Write or call C.H.A. for individual or quantity orders. Mastercard and VISA accepted. Thank you.

continued from page 1

levels to between 150-600 parts per million.

At the same time, the *Wall Street Journal*, the *New York Times* and the weekly publication, *Science News* are all reporting on the increased likelihood that aluminum is linked to causing abnormal cell configurations in the brain. Scientists do not have all the answers on it yet, but the evidence continues to mount indicating aluminum role in causing damaging health effects.