



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: BONES AND CALCIUM

Bone Mother

"I prefer winter and fall, when you feel the bone structure of the landscape. Something waits beneath it; the whole story doesn't show."

~ Andrew Wyeth

There is something elemental and ancient in our appreciation of bone. It lies at the very core of being, and reveals an ultimate status of being. The bones, as the oracles know, tell us the status quo and how the future will hang on them.

Our bones are no different. They support all that we are and all that we do. Critical to the health of our bones, and thus us, is calcium. Our bones are 92% calcium in one form or another. And while calcium is essential for a host of important bodily functions like vascular contraction and vasodilation, muscle function, nerve transmission, intracellular signaling and hormonal secretion; 99% of the body's stores reside in our bones.



As we age, we become more susceptible to losing our bone mass, and thus our store of calcium as well. Osteopenia and osteoporosis are devastating diseases that afflict our elderly population. These conditions are associated with an increased risk of significant bone fracture, which in turn significantly increases hospitalizations, surgeries and risk of death.

Like so many of the disabilities and diseases of our modern civilization, there is a connection between diet and inflammation in the etiology of these conditions. And like so many of the

health and diet related challenges we confront, we often try to fix them with an attempt that resembles rearranging the deck chairs on the Titanic.

If the problem is that as we age, our bones lose calcium then simple logic would suggest that by consuming more calcium the problem could be easily remedied. And in fact, calcium supplementation, especially for those at risk of osteoporosis or osteopenia, has been recommended for quite a long time.

Over the course of implementing these guidelines and recommendations, a funny thing happened.

They haven't worked.



Check out the podcasts of recipes featuring Chef Luca Paris and Dr. Mike; hit the link: [Code](#)

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Calcium (continued from Page 1)

But the story is even more intriguing than simply taking supplements that do not have any effect.

Cheeses, yogurts and certain fish are among great dietary sources of calcium!



A recently completed analysis from the MESA (Multi-Ethnic Study of Atherosclerosis) study, looked at adults, men and women, across various age groups and ethnicities for a decade. None of the participants had coronary artery disease (CAD) at the start.

Participants were followed for the development of CAD and both their calcium intake AND the method; dietary or supplemental, was recorded.

The results were fascinating. In agreement with previous investigations, those consuming a natural diet rich in foods containing calcium exhibited a reduced risk of developing CAD. Compared to diet lacking in these foods, there was a 27% reduction in the likelihood of developing CAD.

However, consuming calcium in the form of supplementation **increased** your risk of CAD by 22%. The group with the lowest overall risk were those who took NO supplements, but ate a natural diet rich in calcium containing foods. Those at the highest risk took the greatest number of supplements and had the least amount of intake from dietary sources.

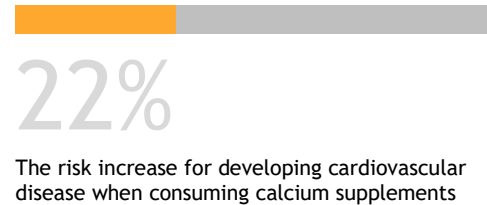
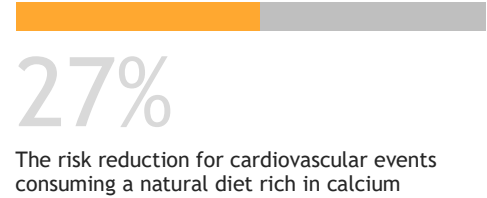
There are many intriguing hypotheses as to why this may be, although no one really knows for sure. But when you add in the fact that taking the calcium alone for prevention

of osteoporosis or osteopenia is ineffective; it becomes a double whammy.

Whatever the causes, what this highlights is that as I have said many times before, you cannot simply supplement your way to good health. Supplements, when and where they are needed and utilized are exactly that. They are supplements; not substitutes.

The simple fact remains that you are never in danger when you follow a natural, authentic and wholesome path.

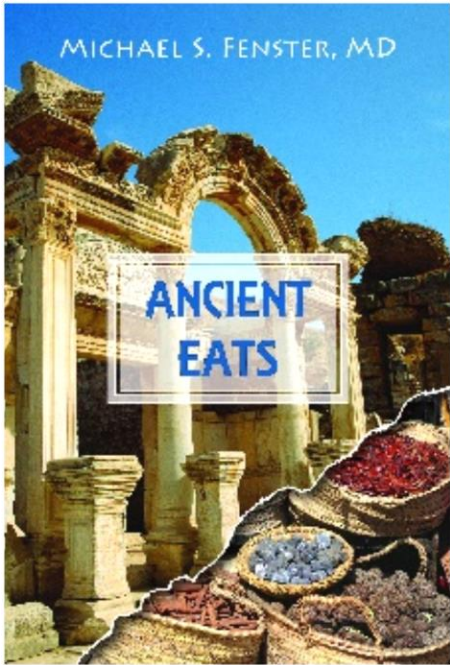
HEALTHY BYTES BY THE NUMBERS



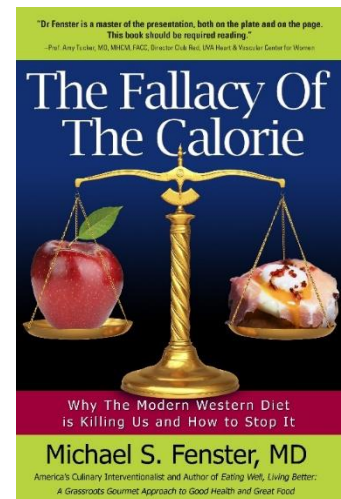
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