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One hundred years old – but with healthy bones

The American Medical Association (AMA) first published a kind of sensation in 2002, namely the statement: "Insufficient intake of vitamins and minerals is obviously a reason for the development of chronic diseases. A large group of the population must therefore be classified as at risk"



Osteoporosis is also clearly due to incorrect nutrition, often since early adolescence and for decades, and to too little exercise. Lt. Clinical Dictionary, called Pschyrembel, osteoporosis is a disease of the skeleton with loss or reduction of bone substance and structure with increased fracture susceptibility.

Only those who have eaten properly in childhood and adolescence, as well as in early adulthood and have a strong and firm bone structure, suffer little or rarely from osteoporosis in old age, when bone density decreases due to the loss of minerals.

Now you have to know that the utilization of protein (proteins) decreases in most people from the age of 30 due to insufficient stomach acid, so that protein often remains unused for bone structure.

Our bones constantly receive fresh calcium from our blood and at the same time give off "used" calcium again. The hormones responsible for transport ensure that our blood always contains the same blood calcium level. If, however, the metabolism lacks the required amount of calcium from the daily diet, "it gets the calcium that is missing in the blood from the jaw, the teeth and finally from its own bones". The consequence of this is that the bone density decreases, the susceptibility to breakage increases and osteoporosis develops.

Adolescents should consume 1200 mg daily, adults 1000 mg of calcium. The actual calcium intake averages only 600 to 700 mg, with more than 50% of all women consuming less than 800 calcium mg per day.



Only active exercise and weight bearing on humans presses new

calcium into the bone-forming cells and only through exercise in the outdoors, more precisely, through UV rays, the vitamin D required for bone hardening is formed in the body, better in younger people and only in older people to a lesser extent.

Calcium deficiency is not only caused by low-calcium food and too little exercise, but in particular due to long-lasting digestive disorders, prolonged use of medication (e.g. laxatives and dehydrating agents), too high a protein content in the food, an excess of phosphorus (lemonades, sausage, Cola), too much coffee, tea, alcohol or oxalic acid in spinach, beetroot, rhubarb and cocoa that binds with minerals.

In order for the calcium requirement to be met from food, one would have to drink 10 glasses of milk, 10 cups of yoghurt or 1 kg of quark every day. Nobody can do that! By the way: the body's absorption of calcium from food is only around 25 to 35%; 65 to 75% are excreted unused again through the urine or stool!

The combination of calcium, magnesium, vitamin K2 and vitamin D is a prerequisite for maintaining bone density, especially before and after menopause!