

Calcium, Shmalcium

In the history of mankind, no lie has been as universally taught to young children, nor been as naively accepted by trusting kids as the dairy industry's milk-myth.

Real science has taught the truth about cow's milk:

Cow's milk is loaded with calcium, but it has relatively little magnesium. Therefore, this calcium-rich food really does not contribute to bone density.

In fact, because of the presence of protein, the consumption of cow's milk actually creates what experts call a "negative calcium balance." When drinking cow's milk, calcium is actually removed from pre and post-menopausal adult bones. Milk consumption accelerates osteoporosis.

In order to absorb one milligram of calcium, a person must simultaneously eat an equal milligram of magnesium.

The above statements are supported by research published in peer-reviewed scientific journals. See: <http://notmilk.com/deb/092098.html>

When examining the calcium benefit of food, one must consider three things. First, the presence of protein which inhibits calcium absorption. Second, the presence of magnesium, which happens to be the center atom of chlorophyll. Third, of course, is the calcium. Consider: Cow's milk contains calcium because cows eat plants. They get calcium and magnesium in the correct proportions and have strong bones as a result.

Let's examine a few foods for their calcium and magnesium balances. All foods are measured in 100-gram portions (3.5 ounces):

Cow's milk contains 113 milligrams of calcium, but just 10 milligrams of magnesium. Based upon the one-to-one absorption rate, 103 milligrams of calcium are "wasted." Wasted means one of two things. The excess calcium is either excreted in the urine, or becomes kidney stones or cellulite or plaque in arteries.

Soy milk contains 38 milligrams of calcium and 25 milligrams of magnesium. Therefore, 25 milligrams of calcium is absorbed.

Broccoli contains 47 milligrams of calcium and 21 milligrams of magnesium. Therefore, 21 milligrams of calcium is absorbed.

Romaine lettuce contains 33 milligrams of calcium and 14 milligrams of magnesium. Therefore, 14 milligrams of calcium is absorbed.

Chick peas (garbanzo beans) contain 32 milligrams of calcium and 29 milligrams of magnesium. Therefore, 29 milligrams of calcium is absorbed.

Baked beans contain 50 milligrams of calcium and 32 milligrams of magnesium. Therefore, 32 milligrams of calcium is absorbed.

How about a snack? A small handful of raisins contain 50 milligrams of calcium and 32 milligrams of magnesium. A small handful of almonds is super-loaded, containing 248 milligrams of calcium and 275 milligrams of magnesium. Compare that to the 10 milligrams of calcium absorbed in a portion of cow's milk.

Even a snack of not-so healthy unsalted potato chips contains 24 milligrams of calcium and 67 milligrams of magnesium.

It is virtually impossible to eat any sort of food and not satisfy one's calcium requirements. People living in dairy-consuming nations get osteoporosis. People living in nations in which dairy is not consumed do not suffer bone disease. Even without the benefit of the enormous scientific research we have, shouldn't that be example enough?

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