

Doctor in the Kitchen®

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ARE YOUR BONES WEAK?

Is it possible that a dentist could save you from a broken hip? Believe it or not there is research evidence that suggests this just might be the case, in the

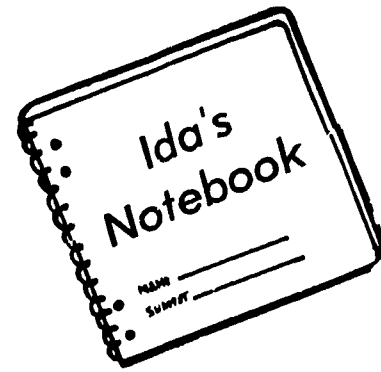
future. Realize this is a little like asking a foot doctor if your hat's on straight. But there it is. Dr. Leo Lutwak has found that the jawbone is the first bone in the body to show signs of deterioration due to calcium deficiency. Such weakening of bone occurs when your diet contains less calcium than it should. As we mentioned last week, when your blood calls for more calcium, it gets it from your bones and they, in turn, have only one source of replenishment — your food intake.

Most Calcium Stored

The set-up is — ninety-nine percent of the calcium in your body is stored in your bones. One percent (called plasma calcium) is in the extra-cellular fluids of your body. Your blood is the boss. If it needs calcium, it takes it from bone, regardless.

Thus you are vulnerable unless you get enough calcium in your meals. And the biggest problem is, a deficiency in your bones doesn't show up in X-rays until 30 to 50% of your bone calcium is gone.

Dr. Lutwak is a Professor of Medicine at the University of California at Los Angeles and Chief of Endocrinology and Nutrition at Veterans Hospital, Sepulveda, Calif. His studies show that loose, wiggling teeth and/or damaged, bleeding gums can be the symptoms of jawbone deterioration. "The studies indicate that calcium deficiency is the primary reason why millions of Americans lose their teeth. And the jawbone loss connected with periodontal diseases may be reversed in many subjects by altering their diets to include more calcium." So that's how our dentists



Ida Risser

All the house plants are finally planted along the edge of the vegetable garden. That is, all except the dozen or so which I keep on the wide window sills as they'd look too empty without them.

And, I've been fixing up the holes made in the strawberries after a heavy cow ran across them. It seems a new fence isn't the answer. They make just as deep holes if they walk out a gate or rolling door which has been left open! So, if one runs across

the damp ground we're glad it wasn't five of them; but if five cows run across the garden then we're glad it wasn't all 45 of them!

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Are we, as women, too liberated? Most of us can come and go almost as we want after our children are school age. We get ideas and can carry them through without consulting anyone. We see and know more of the world outside our homes than any generation before us.

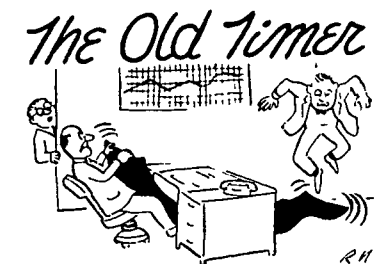
At a convention some time ago, a farm wife told me this was her vacation. She said that in the morning when her husband asked for hot oatmeal she informed him this was one of her "vacation days" and did not cook it. She continued, "I'm so independent that it scares me"

When a woman has a job outside the home and her own money it only adds to this feeling.

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Our Cindy is an outdoor girl. She likes to tend her new 4-H calf. When Philip is busy she tends their four little pigs. Why, she even weeds her own vegetable garden and flower garden without complaining.

Also due to her urging we've had several picnics in the front yard on the redwood table Philip made.



"If you're always being called on the carpet, you're apt to have the rug pulled out from under you."


could get involved. Their X-rays could be the mechanism for first spotting trouble. Since it takes about another ten years before there is permanent damage to other bones, dentists can, potentially, do patients a great service by checking yearly for trouble, Dr. Lutwak suggests.

Incidentally, according to Dr. Lutwak, other bones affected by too little calcium are skull bones, ribs, vertebrae and long bones, in that order.


Phosphorus Important, Too

To solve the problem of enough calcium in the diet, there are two angles. The first is, you must get enough calcium for your needs. The other is, that calcium will only be properly absorbed by your bones and tissue when a certain ratio of phosphorus also is in your diet. If, for example, phosphorus intake exceeds calcium intake, calcium absorption decreases. Dr. Lutwak contends "we need at least 50% more than the 800 milligrams of calcium recommended daily for men and women 18 to 75 years old. The U.S. diet is excessively rich in phosphorus. The result is an imbalance in the calcium-phosphorus ratio."

Meat is a rich source of phosphorus. There sometimes are enormous amounts in carbonated beverages. In milk, the ratio of calcium and phosphorus is one to one — ideal.



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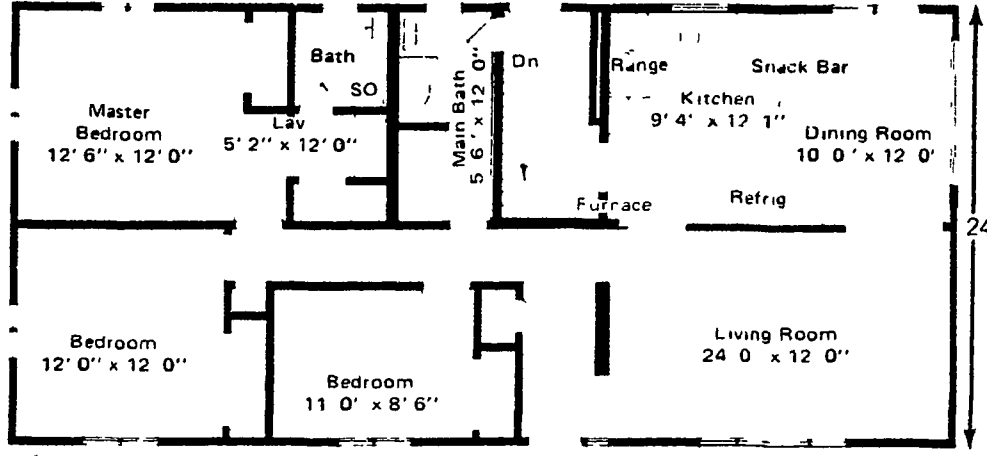
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