

# Natural Health Tips

## Calcium and its Enemies

Soda, coffee, sugar... How many of us think about a relation between these and our bones?

Well, the relation is very close.

Let's take a look at the following data:

Soda drinks contain a high amount of sodium phosphate and phosphoric acid, molecules containing sodium and phosphorus.

Both phosphorus and sodium in the blood stream draw calcium out of the bones.

Phosphorus also binds to the calcium in our digestive system, so when we consume a calcium-rich food, or take a calcium supplement – but drink soda with it or soon after consuming it – the calcium absorption is lowered by the phosphorus from the soda.

**An article in Children's Orthopedics in October 2007 cites studies that show osteoporosis is becoming an increasing problem in children too!**

**The years of childhood and adolescence are critical for building the mineral density of our bone. It is truly a tragedy that our children and teenagers consume daily high amounts of sodas and carbonated drinks – all containing high amounts of phosphorus and most containing also caffeine.**

**Caffeine decreases bone mass and increases risk of hip fracture. In a study of 9,615 women over age 65, those who drank 190 mg a day of caffeine had a 20% to 30% increased risk of hip fracture. Sodas have about 40 mg of caffeine per can and brewed coffee about 100 mg per cup.**

Lastly, the high amounts of sugar in soda drinks, other soft drinks, milk-shakes and coffee drinks are another great calcium "enemy", by disturbing the calcium metabolism and increasing its loss through urination.

**My suggestion for strong bones and healthy amounts of calcium in your bloodstream: AVOID SOFT DRINKS AND COFFEE!**