

Calcium Absorption

by Dr. Christopher

DOCTORS ARE WARNED - BUT ARE PATIENTS?

How many people who are taking cortisone--all those several million of them--are aware that the drug can cause brittle bones? And how many doctors are going to tell their patients that it is a good idea to get substantially more calcium and Vitamin D into their diets before they begin splintering their bones?

It does seem that many doctors pay scant attention to the possible side effects of drug therapy, particularly when those side effects are intimately linked to nutrition. This attitude seems to be reflected even in the Merck Manual, a standard reference book for physicians. In the section on adrenocortical steroids, which includes cortisone and its derivatives, the medical text says under the subheading "Management during Long-Term Treatment":

If back pain occurs, X-ray of the spine should be made for possible osteoporosis...If Pathologic fractures occur but the patient's condition warrants continuation of hormonal therapy; additional calcium and protein probably are more effective than the anabolic steroids."

No advice about giving more calcium as a preventive measure is offered. Presumably, the doctor is not expected to do anything until the patient begins complaining of back pain or comes in with a fracture that results from a slight bump.

Inorganic minerals are the ones that can be accepted into the body, but not assimilated. The inorganic minerals are accumulative, lie in deposits in weakened or injured parts of the body, to later give side effects or after effects.

Often times in purchasing calcium, potassium, phosphorus, iron, zinc, etc., we buy minerals of the inorganic type that has not gone through plant life and by osmosis made organic and given life so it can be assimilated. The type that can be assimilated is from herbs, fruits, vegetables, grains, nuts and seeds.

These are non-toxic, non-poisonous and non-habit forming, if chosen by one who knows assimilable herbs. We have been using a calcium formula for years to aid our patients and students in regaining a more perfect body structure.

The one way we can change the condition of the bowel structure is to treat it like we would a sick plant, and we do not want to be guilty of "casting seeds out on barren soil." The bone must be fed, must be given exercise, and must also be accompanied by faith--in knowing it will improve.

One of the finest foods we have to furnish calcium is a calcium formula we have used for many years. The combination of herbs used in this herbal formula is:

Dr. Christopher's Calcium Formula

- ✓ **Horsetail Grass:** Contains manganese, zinc, silicon, iron, magnesium, chlorine, sodium, potassium, calcium and phosphorus.
- ✓ **Comfrey Root:** Contains calcium, phosphorus, potassium, iron and allantoin.
- ✓ **Oat Straw:** Contains calcium, phosphorus, potassium, sodium, chlorine, magnesium and iron.
- ✓ **Lobelia:** Contains potassium, sodium, iron, phosphorus and calcium.

In these four herbs, which work together so well, you will notice they are all high in calcium, high in potassium and have all the other minerals needed in the construction of bone--all accentuated with allantoin from the comfrey root for the speeding of cell proliferation.

Three Oil Massage for Increased Calcium Absorption

Vitamin D is always needed in bone construction and this comes from the powerful sun. By following the routine of the three oil massage program, Vitamin D can be obtained in adequate amounts, without burning. This program consists of entire body massage with castor oil each day for two days, the next two days with olive oil and the following two days with wheat germ oil. Rest one day and repeat this cycle week after week.

Immediately after the oil massage, lie in the sun--entire bare body exposed--two minutes first day on front and two minutes on back. Each additional day add two minutes front and back. With this procedure there will be no burn.

In fifteen days in the sun you are up to one hour a day.

Also eat plenty of whole, presoaked and low- heated grains and plenty of good fresh green vegetables such as watercress.

ACTIVITY FORTIFIES THE BONES

In 1970, at the annual meeting of the Swedish Medical Society held in Stockholm, Drs. Nils Westlin and Bo Nilsson of Malmo, Sweden reported that when they measured bone densities in young men they found that 64 athletes had significantly higher bone density than 39 non-athletes of the same age. Density was found to rise with increases in physical activity (Medical Tribune, February 6, 1970).

Dr. Carlton Fredericks has said that women with bones weakened by osteoporosis should, if they are capable of doing it, skip rope as a means of therapeutic exercise. **The impact on the spine, vertically exerted, generates the electrical forces that drive calcium to the bone areas requiring reinforcement** (The Carlton Fredericks Newsletter of Nutrition, July 1, 1972).

Obviously, an elderly man or woman isn't suddenly going to take up jumping rope after having not exercised for several years. But much the same effect could be gained from walking. A brisk walk at least, for those unable to perform more vigorous exercise, is essential if bones are to stay healthy.

Over the years of practice I have had a number of patients who have had broken bones from osteoporosis. One case was a woman in her middle eighties with a fractured hip. After three months in a cast it showed no sign of healing, any more than two pieces of stick growing together. This woman was frightened because she was told that if the hip bones did not knit after putting on another cast for three months, they would cut her leg open and use stainless steel rods, bolts and nuts to make it possible for her to at least get around on crutches.

This was in the early sixties and not much comfrey was available then. The lady's daughter was in one of my classes, and we asked the students to help out by donating as much comfrey as they could. We had enough donated from the class members that the patient had from a pint to a quart of comfrey green drink or comfrey tea each day, six days a week, week after week. At the end of this "three months," the cast was removed and the doctors were amazed, because during the first three months there was "no knitting" of the bone even evident, but with the comfrey being taken orally during the next three-month period the leg was healed. The daughter told us her mother was out square dancing within a couple of weeks after the cast was removed!

Since this case was so outstanding we have had a formula developed called "**bone, flesh and cartilage.**" This formula has done miraculous things with broken backs, legs, hips, etc. This formula has been used on curvature of the spine, polio, multiple sclerosis, and muscular dystrophy, stroke and arthritis of the bone. This formula is used externally as well as orally and has brought tremendously fast results.

This formula for feeding the bone, flesh and cartilage consists of the following and their constituents:

Oak Bark:	<u>Calcium, potassium, phosphorus, magnesium and manganese.</u>
Marshmallow Root	<u>Calcium, phosphorus, potassium and very heavy in protein.</u>
Mullein Herb	<u>Calcium, phosphorus, potassium, magnesium, iron and zinc.</u>
Wormwood	<u>Vitamin C, calcium, phosphorus, potassium, chlorine and magnesium.</u>
Lobelia	<u>Calcium, phosphorus, potassium, sodium, lobetic acids and many alkaloids.</u>
Scullcap	<u>Calcium, phosphorus, potassium, sodium, chlorine, magnesium and iron.</u>
Comfrey Root	<u>Protein, calcium, phosphorus, potassium, iron and allantoin.</u>
Black Walnut Bark	<u>Sulphur, iodine, potassium, calcium, phosphorus, chlorine, iron, manganese and magnesium.</u>
Gravel root	<u>Zinc, copper, manganese, iron, magnesium, chlorine, sodium, potassium, phosphorus and calcium.</u>

This formula is a "power house" and has been used on (and restored to health) cancer of the spine, arthritis and polio, and has helped rebuild torn cartilage and sinews, fractures, etc. etc. As you look over the constituents of each it is easy to see the strength and rebuilding power of this group of "God-Given" herbs.