



**THE
CALCIUM
DECEPTION**



ENVIRONMENTAL HEALTH FOUNDATION

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William R. Jackson, Ph.D.

Environmental Health Foundation

822 Shady Glen

Martinez, California 94553-4010, USA

William R. Jackson, Ph.D.

P.O. Box 1749

Evergreen, Colorado 80439-1732

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Many representatives of the medical field contend that as human bone calcium begins to dissipate, it can be replaced by mineral calcium. They also contend that inorganic calcium supplements will restore bone integrity. Why, then, do affected individuals experience such additional problems as decaying teeth, brittle bones, and other signs of discomfort and calcium dissipation?

Even practical observation fails to substantiate any significant benefit from the use of mineral calcium. Not only does this form of calcium fail to restore calcium deficiency, but it also may cause extensive and painful damage. Unable to eliminate an excessive intake of unusable calcium, the body reacts to protect body organs by recirculating unusable mineral calcium through the bloodstream and by depositing it in bone joints and in non-vital body tissues. When this occurs individuals who suffer normal calcium deficiencies are also plagued with abnormal concentrations of undesirable calcium in their joints and tissues.

Naturally occurring inorganic or mineral calcium is of little benefit to the human body. This has been demonstrated among people in Mexico who eat corn tortillas, which are made with lime (calcium hydroxide). Among these people there was no observable difference between the growth of children consuming foods high in mineral calcium and the growth of children who did not consume such foods. And, in the Kalashari Desert region, well water contributes 100-200 mg of additional calcium per day to the local inhabitant's diet. Yet, children who drank well water received no health benefits living in other areas having little or no calcium in the drinking water.

The mineral calcium present in much of our food and water is of little value because our bodies reject the majority of this form of calcium and fix the remainder imperfectly. The implication of this fact is that the claims of some calcium merchants, who overstate the value of mineral calcium to guarantee the effectiveness of their products, are founded on faulty information. Mineral calcium cannot and does not restore the cellular integrity of bone tissue and body parts.

If calcium deficiencies could be corrected by the use of inorganic mineral calcium, would arthritis, bone spurs, or osteoporosis still exist? Such degenerative disease plague the populations of the almost every major city west of the Mississippi, even though most wells and water supplies contain mineral calcium in the form of calcium carbonate (hard water).

DEGENERATIVE DISEASE AND SILICA DEFICIENCIES

Degenerative disease almost always is accompanied by silica deficiencies. Sclerosed arteries contain 140 % less silica than normal arteries. Tuberculosis patients have 41% less overall silica, with an almost complete lack of silica in their bones.

It has been reported that cancer is rare in areas rich in soluble silica, but more frequent in areas rich in calcium but low in silica. The connective tissue of cancer patients evidences a significant lack of silica. Connective tissue consists of collagen, elastin and mucopolysaccharides. All these important molecules house large amounts of silica. Collagen, largely made up of silica, is (in a sense) the glue that holds us together.

Zeller and Odier, a silica research team, claim silica has a prime role in defense against cancer. They state that silica works in the following ways:

- It eliminates organic waste products, particularly urea, uric acid and nicotine.
- It strengthens connective tissue, the prime barrier set up by the body to ward off the progression of cancer cells and the degenerative process.

Researching the effect of silica on cancer, A. Robin demonstrated that silica arrives first at a tumor site. He, and others established that certain elements of the body's first line of defense, such as silica, calcium and magnesium, could attach to tumors. Dr. A. Charnot, Head of Research in Morocco, discovered that silica always disappears from bones that are becoming decalcified (i.e., osteoporosis).

Treated with aqueous extracts of vegetal silica, patients suffering from musculo-skeletal disorders exhibited a dramatic increase in mobility and marked reduction in pain. Silicon poor diets invariable induce deformities in bones and cartilage of laboratory animals. Elasticity and impermeability of arteries is directly proportional to the amount of silica in the blood.

Silica also may be linked to the treatment of Alzheimer's disease. It appears to bond with and tie up aluminum when an imbalance of this element exists. As reported in the British Medical Journal, Lancet, July 1993, high concentrations of silica in the cornea, sclera and vitreous of healthy eyes indicate silica is a logical experimental choice in the treatment of diseases afflicting these tissues.

Those who are health minded will be interested to learn that major calcium benefits are best derived from vegetal silica and not from calcium. As more and more information is discovered about the profound importance of silica in the human diet, noted researchers are suggesting that silica should be listed as an "essential" element. Among these researchers is Professor Louis C. Kervran, a former Minister of Health in France.

Aided by the official laboratories of France, Kervran and associates concluded that the calcium needed by animal cells seldom is derived from mineral calcium; rather, it is the product of "biological transmutations" from silica and other elements. For example, chickens totally deprived of calcium produced soft-shelled eggs. When "mica" was added to their diets, the hens' ability to lay calcium rich, hard shelled eggs was restored. Mica contains no calcium; but, it does contain potassium and silica, both of which can be biologically transmuted into calcium. Additionally, an analysis of incubated chicken eggs disclosed that hatched chicks contained 400% more calcium than did the egg from which they came. Examination of eggs prior to incubation revealed the yoke and the white to be separated from the shell by a membrane rich in organic silica. After incubation, the membrane was no longer present. The silica had transmuted into calcium, which accounted for the four-fold increase of calcium in the hatched chicks.

These same researchers conducted other controlled animal experiments. When vegetal silica was added to the diets of animals with broken bones, the bones healed much faster and stronger than the bones of control group animals deficient in vegetal silica but rich in mineral calcium.

HOW THEN DO WE OBTAIN USABLE CALCIUM?

Beach sand is mineral silica; but, it cannot be used as a supplement until humanized by living plants. Researchers have attempted to use various forms of silica gels get as a silica supplement

but clinical studies have produced limited beneficial results. Supplementations with vegetal forms of silica, on the other hand, have proven nothing less than outstanding.

High concentrations of silica may be found in horsetail, oats millet, lentils and alfalfa. However, high concentrations of silica do not ensure the quality of any substance or product. Plants containing silica must be harvested during their growing state and not as mature plants. Mature plants contain a much higher concentration of silica than they do as young plants. However, mature plants contain mineral silica- not the kind our bodies can use. This is an instance when more is NOT better because hormonal and enzymatic changes in a mature plant also change the vegetal silica into an unusable and insoluble state that is of no specific benefit.

Professor Kervran states that mineral silica from aged plants not only is worthless, but it also is harmful because it decalcifies the body. On the other had, young growing plants contain soluble, organic silica which readily is assimilated and metabolized by humans and other animals. This form of silica, accompanied by plant enzymes, hormones and other bio-factors, maximize benefits essential to overcoming silica deficiencies.

HOW MUCH AND HOW OFTEN?

The RDA of silica is unknown; but, certain researchers suggest a minimum RDA of 10-20 mg, with much larger amounts used to mend broken bones and to reverse the effects of degenerative diseases. Although vegetal silica is common in most fruits, vegetables and yeast products, it is largely removed during and by commercial processing. Vegetal silica is essential for strong bones and immune system and healthy hair, nails, and teeth. Silica slows aging, and it is present in high concentrations in healthy synovial fluid. It is apparent the Creator provided and understood the function of silicon lubricants before we thought to consider them.

QUALITY AND AVAILABILITY

It is impossible to physically inspect all sources from which cut herbs and powders are derived. Therefore, consumers cannot determine whether they are buying products high in organic silica or mineral (mature plant) silica, which is of no health value and may be harmful. Furthermore, some producers do not realize there is a material difference between “spring” horsetail or “fall” horsetail. Consequently, they sell both in an attempt to meet market demand. Only well informed and reliable producers will be able to provide the proper harvest and product potency.

SUMMARY

According to Professor Louis Kervran, calcium is transmuted from potassium, magnesium or silica, and calcium deficiencies can be overcome only by supplementing with bio-active forms of these three elements.

Do not expose yourself to uninformed, or even unscrupulous, vendors. At this time, most sources of usable silicate are available to consumers in limited amounts only. Therefore, exercise caution when purchasing and using it. Take special care to purchase forms of vegetal silica of known quality.

Our current body of knowledge clearly indicates that calcium deficiencies will never be overcome by the use of mineral calcium supplements. Despite the assertions and best efforts of renowned

practitioners, there never has been a reported case of osteoporosis being cured using mineral calcium supplements. Not only does it not work, but it may inflict serious damage by increasing the accumulation of mineral calcium in bone joints and body tissues. Hundreds of case histories attest to the fact that calcium deficiencies can be corrected using proper combinations of tinctures and herbal powders that contain vegetal silica.



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