COFFEE CONSUMPTION AND OSTEOPOROSIS

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According to a study published in the American Journal of Clinical Nutrition, women who drink coffee in their menopausal years must take extra calcium. This study, conducted at the U.S. department of Agriculture Human Nutrition Center on Aging at Tufts University in Boston, followed 205 healthy postmenopausal women. They did not smoke and were not taking any medications known to affect calcium or bone metabolism.

This research was done to monitor the effects of vitamin D on bone density. Previous research revealed a connection between caffeine consumption and the risk of hip fractures in women. The researchers found a direct connection between a high intake of caffeine and increased bone loss. Excessive caffeine was considered to be more than 450 mg per day, which is 2-3 cups of coffee per day. A 5 ounce cup of brewed coffee contains 137 mg of caffeine, and a cup of instant coffee contains 60 mg of caffeine.

Women whose diets were supplemented with 800 mgs of calcium did not demonstrate bone loss. The best calcium source is chelated with amino acids for best absorption and balanced with magnesium in a ratio of 2 parts calcium to 1 part magnesium.

Osteoporosis is thought to account for well over a million broken bones every year. Osteoporosis is listed as the cause in 20% of all deaths of people over 70 years of age. More than 30% of all postmenopausal Americans suffer from clinical osteoporosis. The estimates of the annual cost of treating this disease range from $7-12 billion.

For a woman facing this condition some of the things to look at in making the correct decision in treatment are:

1. Eliminate or greatly reduce the use of any and all drugs.

2. Eliminate the consumption of alcohol, coffee, smoking, highly refined carbohydrates, sugar, sweets etc.

3. Change to a natural diet as much as possible with high quality protein, increased vitamins D and C, plus a calcium/magnesium supplement.

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