

## THE OVERALL EFFECTS OF CHRONIC DEFICIENCY OF CALCIUM AND VITAMIN D ON THE GENERAL POPULATION.

The direct and indirect effects of chronic deficiency of either calcium and vitamin D, or both, is to depreciate both the quality and quantity of life.

Possibly the latter effect, of shortening life, was made evident in the parades held by veterans of World War II in 1995 in Holland, England, Canada and other countries. As the average age of those veterans who paraded was 75, and as most paraded with vigor, one could only ask why so many of the general population are "eliminated" at a younger age.

I propose that the obvious difference between vigorous 70 and 80 year old men, and those who at a younger age have succumbed to serious symptoms and disease, is that by accident or design the vigorous percentage gained an ionic calcium non deficient state to escape its ravages. In contrast, those of less vigorous health or those who died at an earlier age acquired that deficiency to suffer its ravages.

The "accidents" which may have given the oldsters that immunity are several and possibly all must be experienced if the individual is to gain their greatest advantage. Firstly, it is important that the individual be born of a mother who was not deficient of calcium and the D vitamins before and during the pregnancy which resulted in the individual's birth. Therefore she should have been a person with some interest in the outdoor life, and in eating a diet which was not deficient in those factors. Secondly, with such a pursuit of a healthy lifestyle the mother would naturally provide the babe, child, and adolescent with proper nourishment. Thirdly, likely for reason of that exposure, as the person entered adult life, he or she would be inclined to pursue the same non deficient lifestyle, including diet, throughout their lifetime.

Certainly a person can experience such good fortune because their mother had definite knowledge of the importance of such factors to health. On that basis an individual's good health, which they carried into advanced age, may be entirely planned. However, their good fortune may not be the consequence of such knowledge and interest and they may arrive at the same state purely by the accident of being exposed to such a series of beneficial influences and innate appreciation that what they did made them feel better.

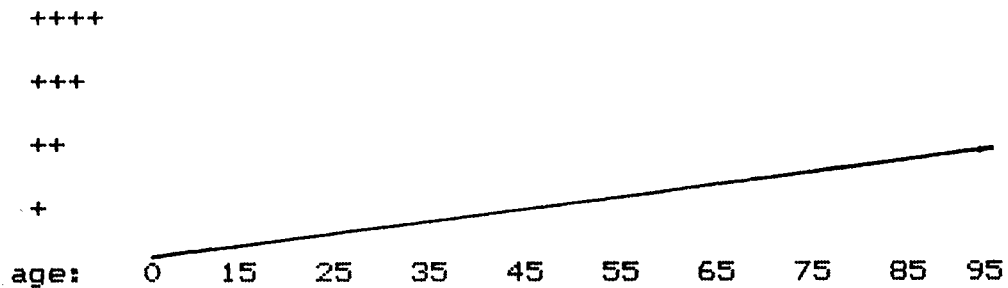
A large percentage of the population do not experience such good fortune to be born of a mother who not only was deficient but who, herself, may have experienced either the symptoms and diseases of ionic calcium deficiency. Moreover, as a babe, child, adolescent and adult they may have then been exposed to deficiency of either or both of those nutritional factors to become seriously symptomatic or to die of serious disease prior to the age of 70 years.

Presence of the responsible ionic calcium deficiency state in an individual can be detected by questioning them regarding their pursuit of the responsible defects of lifestyle, and regarding the presence of either symptoms, physical signs, or diseases which arise because of the deficiency. On that basis it is entirely possible for health authorities to maximize the quality of life of the general population by minimizing the occurrence of both the complaints and fatal "mal-adaptive" organ and cellular diseases which arise because of cellular deficiency of ionic calcium.

DIAGRAM #1 ON QUALITY OF LIFE

ILLUSTRATING THE INFLUENCE OF THE TWO FACTORS TO EITHER MAINTAIN OR DEPRECIATING THE QUALITY OF LIFE.

i) THE LOW INCIDENCE OF COMPLAINTS IN THE NON DEFICIENT POPULATION THROUGHOUT THEIR EXTENDED LIFETIME.



ii) THE INCREASED INCIDENCE OF COMPLAINTS IN THE DEFICIENT POPULATION.

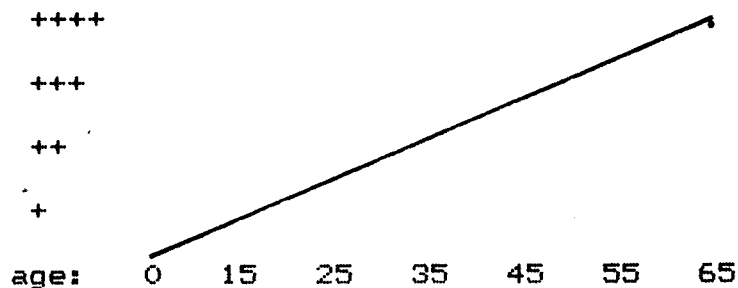
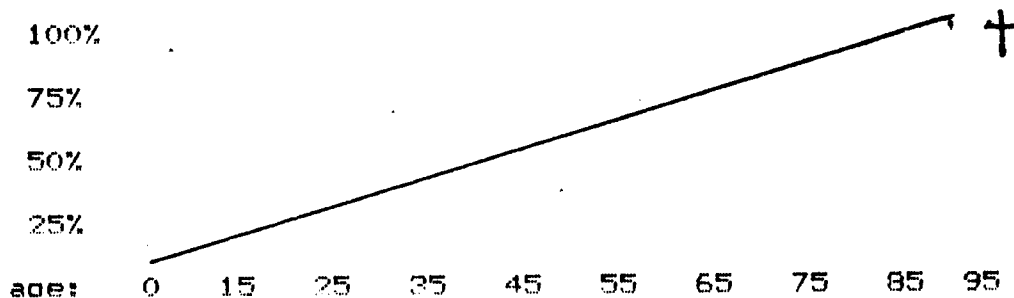


DIAGRAM #2 ON THE QUANTITY OF LIFE

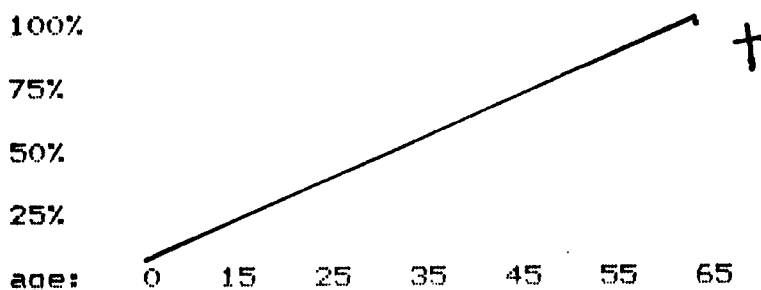
ILLUSTRATING THE INFLUENCE OF THE TWO FACTORS TO EITHER PROLONG LIFE TO NATURAL SENILITY, OR TO TERMINATE IT AT A PRE-SENILE AGE.

ILLUSTRATING THE INFLUENCE OF THE TWO FACTORS TO EITHER PROLONG LIFE TO NATURAL SENILITY, OR TO TERMINATE IT AT A PRE-SENILE AGE.

i) THE DELAYED OCCURRENCE OF DEATH IN THE NON DEFICIENT POPULATION.



ii) THE EARLIER OCCURRENCE OF DEATH IN THE DEFICIENT POPULATION.



### GENETIC PROTECTION

In contrast to that percentage of long lived individuals who are relatively free of symptoms and disease because of the designed or accidental features of a lifestyle which protected them from developing ionic calcium deficiency, there are those who enjoyed such quality of life while, for example, never drinking a glass of milk and totally shielding their skin from daylight and sunshine. Such individuals may possess a genetic make up which allowed their cells to function normally in an environment which provided them with a minimum concentration of that of that biologically active calcium ion.

## IN CONCLUSION

On the basis of the above I suggest that it is most important that physicians study their symptomatic and diseased patients in reference to the presence or absence of certain features of their lifestyle that may give rise to chronic deficiency of calcium and the D vitamins and in reference to the presence or absence of seemingly unrelated functional and physical clinical findings that may arise because of those deficiencies.

That preventable defects of lifestyle enforcing such deficiencies may play an important role in decimating the quality and quantity of life of the public may be proven or disproved as follows. Utilizing the same protocol a large number of health professionals would note the positive or negative such occurrences in their ill and healthy patients and subject the accrued data to the appropriate computer analysis.