

## LIFESTYLE HABITS CONCERNING DIET AND EXPOSURE TO SUNSHINE, CONTRIBUTING TO IONIC CALCIUM DEFICIENCY

Ionic calcium deficiency of a degree sufficient to cause symptoms and physical changes constituting a deficiency syndrome, or this syndrome plus disease, will be created in an individual by the simultaneous occurrence over several decades of three specific defects of lifestyle. These defects are; (1) dietary deficiency of alkaline producing foods containing alkaline minerals, such as calcium. This type of diet is naturally coupled with dietary excess of acid producing foods such as meats and starches containing acidic minerals such as sulfur and phosphorus. (2) dietary deficiency of foods containing vitamin D; and (3) a deficiency of exposure of skin to daylight and sunshine which cause the synthesis of vitamin D in the body.

If the individual is a mother ionic calcium deficiency may be donated to her offspring as an acquired biochemical inherited defect of the ovum, and severely accentuated as the embryo develops in the climate of deficiency within her womb. It appears that in order that the deficiency reach an intensity sufficient to give rise to symptoms and disease in childhood or early life it must go through this accentuation process.

Estimation of the level of deficiency, particularly in a younger person, must therefore also incorporate an estimation of the lifestyle defects of the mother.

### (A) REGARDING THE DIETARY DEFECTS

To assist in making an analysis of the alkaline and acidic mineral, and vitamin D content, of your diet, a brief description of foods containing these factors is presented.

(A) "ALKALINE PRODUCING" FOODS: containing alkaline minerals such as calcium, potassium, and magnesium.

e.g.: vegetables: green leaf and stem  
fruits: citrus  
milk products:

B) "ACID PRODUCING" FOODS: containing acidic minerals such as sulfur and phosphorus.

e.g.: proteins: meat, fish, fowl, eggs,  
cheese, peanuts

starches: cereals, bread, sugar, starchy and  
sweet fruit, fruit juices

(C) VITAMIN D CONTAINING FOODS

e.g.: milk products: containing butterfat or vit.D fortified.  
oily fish: sardines, herring eggs.

DEFICIENCY OF ALKALINE PRODUCING FOODS

The following are one example of diet not deficient in alkaline producing foods and three graded examples of alkaline food deficient diets.

THE DIETS	DEFICIENCY GRADE
(a) Consisting mainly of vegetables and milk products, few starches and proteins,	-----grade "0"
(b) Containing some starches, proteins, some salads or vegetables and 2 glasses of milk,	----grade "1"
(c) Containing more starches and proteins, no milk, but some vegetables	-----grade "2"
(d) Consisting mainly of starches, proteins, and fats but no milk and little vegetables	-----grade "3"

DEFICIENCY OF VITAMIN D CONTAINING FOODS

THE DIETS	DEFICIENCY GRADE
(a) With all vit.D containing foods including 2 to 3 glasses of 2% or whole milk,	-----grade "0"
(b) With one glass of milk,	-----grade "1"
(c) With no milk,	-----grade "2"
(d) With none of these foods,	-----grade "3"

B: REGARDING THE SUNSHINE LIFESTYLE DEFECT

The following are examples of living habits giving rise to deficiency of the form of vitamin D which is formed in the body by exposure of skin to daylight and sunshine, and the grading of this deficiency.

LIFESTYLE

DEFICIENCY

- (a) Complete suntanning in shorts,-----grade "0"
- (b) Outdoors frequently in shorts----- grade "1"
- (c) Outdoors occasionally hatless and in short  
sleeved shirt or blouse,-----grade "2"
- (d) Absolutely no exposure,-----grade "3"

GRADING AND INTERPRETING YOUR DEFICIENCIES

GRADE YOUR GRADE OF DEFICIENCIES: Circle the appropriate number "0", "1", "2", or "3".

	YOUR OWN			
1) OF ALKALINE PRODUCING FOODS	0	1	2	3
2) OF VITAMIN D CONTAINING FOODS	0	1	2	3
3) OF DEFICIENCY OF SUNLIGHT	0	1	2	3
	<hr/>			
Sub total				

TOTAL-----

INTERPRETATION: 0 to 6 -----nil to slight deficiency

6 to 12 -----moderate "

12 to 18 -----severe "

Moderate to severe deficiencies are capable of provoking symptoms and physical signs of the deficiency syndrome alone, or of provoking these indications of deficiency plus a complicating "direct" or "indirect" ionic calcium deficiency disease.

In the absence of overt disease presence of slight to moderate deficiency represents proneness to the ionic calcium deficiency diseases, --- "the diseases of civilization".