

# "Cutting out cheese and yoghurt relieves pain!" by Tessa Jupp RN

"I can't believe the difference cutting out cheese, yoghurt and other dairy foods has made to my pain levels!"

"My pain reduced by 75% - 90% within a few days of stopping dairy foods."

and "I no longer need the Panadol-Osteo my doctor has had me on." - are some of the comments I have been getting, since I advised people to try going off all dairy for a fortnight, in the last newsletter. And these are comments coming from polios in eastern Australia as well, not just WA. And not only from polio survivors, other people too. I am appalled that people may be on strong pain-killers and the liver damage and bowel constipation consequences of these drugs, simply because people are eating foods they think they need. **ie self-induced pain!!!**

A question people are often asking me is  
*"But the doctor says, at my age I need more calcium for my bone density. I must have dairy foods."*

OR

*"But what else is there to eat? I live on dairy foods!"*.

## BONE DENSITY?

In the book "Trace Elements and Other Essential Nutrients" 2010, Dr David L Watts writes "Too much calcium as well as too little calcium can cause bones to become fragile. A recent Mayo Clinic study shows that although extra calcium increased bone density, the outer surface of the bone was thinner and more fragile than normal, tripling the risk of non-spinal fractures. It is magnesium that is needed to strengthen the bone cortex, not calcium."

## CRAMPS, MUSCLE ACHES etc

So it is the balance of these minerals that is important not one without the other. Too much calcium, as well as causing cramps and muscle aches, can cause fatigue, exhaustion, depression, anxiety, panic attacks, headaches, paranoia, loss of memory, poor concentration, crying spells and insomnia.

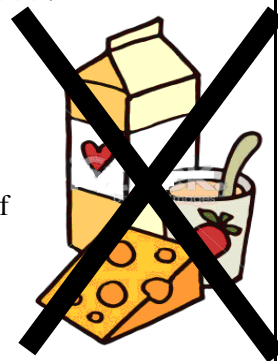
## BLADDER PROBLEMS/ CONSTIPATION

A calcium/magnesium imbalance puts muscles into a constant state of contraction. This can reduce the holding capacity of the bladder, resulting in frequency and urgency. High calcium can also cause constipation and flatulence.

## HOW MUSCLES WORK

Dr Watts writes "Magnesium deficiency leaves muscles in a cramped, tense state. A muscle contracts when calcium enters the muscle cell. The appearance of calcium causes magnesium to build up in the cell. When the magnesium concentration is high enough, calcium exits, allowing the muscle to relax. If however there is not enough incoming magnesium, some calcium will remain causing the muscle to remain slightly contracted. Thus muscles will cramp easily with the slightest exertion, particularly at night. Normalisation of potassium in the cell is also dependent on magnesium so fluid retention and swelling can be caused

by the effect of low magnesium on potassium and sodium balance. This calcium/magnesium imbalance also affects the heart and blood pressure because blood vessels can't relax completely during the resting stage of normal heart beats, raising the lower blood pressure reading."



## HEART and BLOOD PRESSURE

So not only can the extra calcium in cheese, yoghurt, milk etc cause constant muscle pain, it can put your blood pressure up. In fact where magnesium is very low, the intense, increased contraction of arterial and heart muscle raises the upper blood pressure reading which can then lead to stress-induced heart attacks and strokes. Recent investigations show that cholesterol rises when magnesium is low as stressed blood vessels become damaged and cholesterol and calcium are then deposited as plaque to try to repair the blood vessel, creating arteriosclerosis.

## BURSITIS

Painful bursitis and osteoarthritis can be caused by excess calcium deposits in joints and on tendons and ligaments when magnesium is low. B6 may then be needed with more magnesium to resolve. In addition to these comments by Dr Watts, I have found taking extra manganese is needed to reduce swollen and tight tendons. (Also a double Vit B12 injection 3 times a week for 2-3 weeks usually resolves bursitis, spurs and shingles pretty quickly.)

## SLEEP and RESTLESS LEGS

Dr Watts also writes that people low in magnesium only sleep lightly, toss and turn, waking up exhausted. Extra magnesium chelate before breakfast and before bed usually fixes restless legs and people report much better sleep.

Below I have again put the diagram from the book "Human Physiology" by Sherwood 1993, explaining how calcium contracts (to move muscles) and magnesium detaches the calcium, allowing the muscle to relax. Dairy foods can so overload this balance that even more magnesium can't fix.

