Osteoporosis Drugs Making Bones Brittle
by Susan Lark, MD, with comments by Charlotte Gerson

In a health journal Women's Wellness Today, Dr. Susan Lark, M.D. explains the reason for avoiding osteoporosis drugs. It's somewhat technical, but understandable and very important.

Going back a little ways, Ross Horne explains in his book, The Health Revolution, third edition, p. 145, as follows: “Together with inactivity, high protein intake causes osteoporosis, weak and porous bones. With a daily high protein intake, the body goes into negative mineral intake causes osteoporosis, weak and porous bones. With a daily high protein intake, the body goes into negative mineral balance because of high acidity. ... In the UK, tests have shown that vegetarians aged 70 have bone equal to or of greater density than the bones of meat eaters aged 50. Calcium compounds ... and supplements can cause calcification of the aorta (main artery) and serious damage to circulation.

[continued on p. 325.] “... One of the main reasons for that condition [osteoporosis] is that calcium is withdrawn from the bones in an effort by the body to neutralize acids formed as a result of excess dietary protein.”

Drug companies have generated a huge advertising campaign to push their osteoporosis drugs. Dr. Lark reports that “recent studies have linked these drugs to osteoporosis of the jaw, an incurable condition where the bone in the jaw actually dies!”

“The drugs that are being pushed are basically bisphosphonate, which can harm your bones. This is the underlying cause: bones keep renewing themselves throughout life, with older, weaker bone cells being replaced by younger, stronger ones. Special cells which facilitate this process are called osteoclasts. They break down the old cells and then the osteoblasts form new bone.

“The bisphosphonate drugs work by disabling the osteoclasts so that they stop breaking down old bone. But these drugs do nothing to build new bone. So, actually, bones become denser; however this density is made up of old, weak and brittle bone tissue.” The problem occurs more often in the jaw than in other bones. Dr. Lark feels that the reason for this situation is that the death and rebuilding cycle simply moves a lot faster in the jaw bone than in other bones. The problem can cause the jaw bone to simply collapse.

From the above, the reader will readily understand that a vegetarian diet is the first step toward preventing these problems. Further, we have ample evidence among Gerson patients that the highly nutritious Gerson Therapy is capable of restoring and rebuilding healthy, normal bone!

Long-term friends and subscribers to the Gerson Healing Newsletter will find earlier reports on osteoporosis in our issues Vol 10, #4, July/Aug 1995, and Vol. 12, #3, May/June 1997.