Calcification

The Phosphate Factor
In Aging and Disease

By Mark Mayer
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Notice: The information presented here is not intended as a substitute for the advice and/or medical care of the reader's physician. Any diet or lifestyle regimen should be undertaken under the direct supervision of the reader's physician. The reader should regularly consult with a physician in matters relating to his or her health, and especially with regard to symptoms that may require diagnosis. Please consult a medical or health professional if you have any questions about your health. For legal reasons, I must include the aforementioned disclaimer. But in reality, most of the recommendations in this book involve simple dietary and lifestyle changes that are easy to follow.

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How to use this book

Please visit the author's website for important updates and other free articles. The address is: http://www.calcificationbook.com. Because new information is constantly becoming available, I recommend checking this website every so often. You will also find direct links to many of the websites listed in this book.

Preface

Calcification kills! And furthermore, it can accelerate signs of aging. In a recent John Hopkins study, it was determined that those with the highest level of calcium deposits in their arteries, had the highest incidence of heart attacks. One of the study authors Michael Blaha, M.D., stated the following: We found that the risk of a heart attack was eight times greater among people under age 45 who had high levels of calcium in their coronary arteries compared with patients over age 75 whose vessels did not contain calcium," says Michael Blaha, M.D., one of the study authors from The Johns Hopkins Heart and Vascular Institute. You can see this article for yourself by doing a web search with the words: "Evidence Grows for Value of Calcium Scoring Test."

The focus of my book is phosphate food additives and their relation to calcification, with additional chapters on vitamin K2 and other factors related to calcification. The phosphate theory of aging and disease has not gotten much attention, but has recently been the subject of a very impressive Harvard study. The study was conducted by M. Shawkat Razzaque, M.D., Ph.D., from the Department of Medicine, Infection and Immunity at the Harvard School of Dental Medicine. Razzaque's study concluded that "High levels of Phosphates can accelerate signs of Aging." You can see this study for yourself by going to any search engine and typing in

the keywords: “High levels of phosphate accelerate aging.” Another recent study from the University of Sheffield reiterates the Harvard study. You can see this study for yourself by doing a web search for the following words: "phosphate intake Sheffield study."

These studies all confirm what I have stated since I published the first edition of my book in 2006: that phosphates are a major contributing factor in soft tissue calcification, which in turn can accelerate aging and disease. Later in this book, I will tell you about the use of phosphate binding agents that will prevent your body from absorbing phosphates from your diet.

If you are like most people, then you have probably been consuming a diet of processed junk food, and as a result, your body has felt the negative effects of phosphate overload; that is, soft tissue calcification. The good news is that calcification can be reversed. And through a process called calcium scoring, you can see your progress. Calcium scoring is a type of heart scan that can visualize your calcium deposits and they can be quantified into numbers. And more importantly, you can actually see those numbers go down. Calcium scoring is a controversial technique that uses a CT scanner to measure the amount of calcium deposits in your arteries. Normally, I would hesitate to recommend the casual use of these tests because they do subject your body to some radiation, but the amount of radiation used is minimal. Later in this book, I will tell you about a dietary supplement called GliSODin that has been shown in credible studies to protect your body from radiation.

Introduction

Welcome to the third edition of my book. A lot has happened since the first two editions of my book were published. There have been many studies corroborating the information that I have presented here. While the basic regimen has not changed, I have added a lot of useful information for this edition. For example, I have included a chapter on “calcium scoring.” This is a technique that will enable you to physically see your improvement. One of the biggest criticisms that I received in the first edition of my book, was that it was poorly referenced. Well folks, I am now offering my readers the best reference that you can get, and that is the proof you can see with your own two eyes. Through the use of calcium scoring, you will now be able to physically see your improvement. I can quote you study after study, but it does not mean a thing, as you were not there, and therefore you have no way of knowing if these were legitimate studies. Unfortunately, many studies are tainted by people who have a huge financial interest. Apparently, there are several companies out there who are selling very expensive treatments to combat calcifications. Even worse, these companies are not above the use of corporate sabotage. One of the biggest problems I have faced is my competition writing negative reviews about my book. For example, a while back, I received a negative review from someone who calls herself “Juliane.” This

reviewer made unfounded criticisms and recommended her company's product called "NanobacTX" as an effective treatment to reverse calcifications. NanobacTX was originally marketed as a treatment for Nanobacteria. If you want to know the truth about Nanobacteria, then I recommend going to Sciam.com and downloading the January 2010 issue of *Scientific American*. Turn to page 36 and look for an article entitled: "The Rise and Fall of Nanobacteria." This article clearly states that "Nanobacteria are not a cause of calcification." This is just like I predicted in the first edition of my book. In fact, this is why Juliane wrote that negative review, because I rejected the nanobacteria theory of calcification. But as we have seen, it looks like I was right, as the Scientific American study has shown that nanobacteria does not cause calcification, just as I predicted. But the real reason for the review was to advertise their product (NanobacTX). It is truly shameful how low some people will go to make money. Incidentally, my competitor's regimen (NanobacTX) currently sells for $199.00 for a one month supply. This is an improvement, as it used to sell for $295.00 per month. Contrast that with my regimen, which costs as little as $5.00 a month and you can see why they want to dissuade you from buying my book. Just to be clear, it is not the province of this book to debate the effectiveness of any treatment regimen that my competitors have to offer. I am only saying that my regimen is very effective – at a fraction of the cost! Actually, that is an understatement, as my regimen is currently about 40 times cheaper than what my competitors charge.

Incidentally, I make no profit from the regimen itself. All I make is a small commission from the sale of my book, which amounts to next to nothing, as my competition has succeeded in ruining my sales by publishing negative reviews about my book. But the joke is on them, since the first edition of my book, there has been so many studies proving me right; those negative reviews only make them look foolish. So here is what I propose to you: Read my book and try the simple, safe, and most importantly, *inexpensive* regimen outlined in my book. I want you to have the calcium scoring done before and after the regimen. In fact, the calcium scoring is the most expensive part of the regimen. And again, I don't make any money from the calcium scoring. I make just a small profit from the sale of my book and if my competition continues to publish negative reviews about my book, I will retaliate by converting my book into an E-book and giving it away for free. And we will all lose money. I actually wrote this book to help people. The only reason I charge money for it, is that I have living expenses to pay for. I wouldn't put anything past my competition, including murder. So I have put a clause in my will stating in the event of my untimely death, that my book is to be given away as a free E-book.

So what is NanobacTX? Well, in a Fox13 news report it was revealed by its creators that the active ingredients are a combination of EDTA and Tetracycline. The first ingredient: "EDTA" is a simple chelating agent that you can buy online and in some health food stores for less than $10.00 for a one month supply. Yes, you heard right, ten bucks for a

one month supply. Just do a simple web search for EDTA and you will see dozens of people selling it dirt cheap. Meanwhile, my competitors are selling their pills for $199.00 for a one month supply (they used to charge 299.95 a month). The other ingredient (Tetracycline) is a drug with serious side effects, but it has recently been removed from the NanobacTX formulation. Beware of people who constantly change their stories. I may have rewritten my book, but my regimen has not changed at all; usually only liars change their stories. You can see this Fox news report first hand by searching youtube.com with the search words: “NanoBiotech + Fox13 News.”

Just don’t be fooled by all the hype. If you pay close attention to what these people are saying, you will see the “real truth.” For example, you will see these people constantly insist that Nanobacteria are the cause of heart disease. Well, you might want to tell these people to check out the January 2010 issue of the highly respected magazine *Scientific American*, which clearly states that "Nanobacteria are not a cause of calcification." You will also see them say that the active ingredients are a combination of EDTA and tetracycline. The latter ingredient is a drug with serious side effects; it was recently removed from the NanobacTX formula; I wonder why?

They say it is patented, but that means nothing. The patent office will patent anything if you say it’s new. They say it’s been proven to work, but proven by who? They admit that the active ingredient is EDTA, but you can easily get EDTA for less than ten dollars for a one month supply. Once again, don’t be fooled by their hype, it is all just an elaborate

marketing scheme. Incidentally, the magazine *Scientific American* has been around since 1845 – that's over 170 years. It is the oldest continuously published monthly magazine in the United States. Scientific American has had a long (over 170 years) reputation for providing honest and accurate information. And most importantly, the scientists who conducted the studies for *Scientific American* had no financial incentive to affect their opinion. Contrast that to my competitors who have a very huge financial incentive.

So what is EDTA? It is an acronym for Ethylenediaminetetraacetic acid. It has been the main ingredient in something you may have heard of called chelation therapy. This chelation therapy is a very controversial subject, but there is strong evidence that chelation therapy can help clean out the arteries of calcium deposits. However, many of these studies were done using intravenous EDTA; there are many conflicting reports about the effectiveness of oral vs intravenous chelation therapy. According to Elmer Cranton who has written several books on chelation therapy, he has said in on own words that "Oral chelation with EDTA is potentially dangerous." Granted, Dr. Cranton is affiliated with a clinic that performs intravenous chelation therapy, and therefore his opinion may be biased. Dr. Cranton claims that only 5% of EDTA is absorbed orally, and therefore necessitates much larger doses of EDTA, which when taken for long periods, may be potentially dangerous, and can impair the absorption of essential nutrients. I am therefore hesitant to recommend the use of oral EDTA. But as I said

before, if you really want to use EDTA, you can buy it online and in some health food stores for a fraction of the price of NanobacTX, which is essentially just a very expensive version of EDTA with a few vitamins and minerals mixed in.

Incidentally, Dr. Elmer Cranton has been a vociferous opponent of Nanobacteria. Writing in the November 2002 issue of the highly respected Townsend Health Letter, Dr. Cranton has said in his own words: "Nanobacteria seems an unproven hypothesis, that is being used in a clever and deceptive marketing scheme for EDTA." You can see this article for yourself by going to: http://www.townsendletter.com/Nov_2002/nanobacteria1102.htm

My competition says their so-called formulation is patented and they give the names of lots of fancy doctors who endorse their insanely expensive remedy – but it is all just marketing hype. EDTA has been on the market for many years; it is nothing new. It is like that 5-Hour Energy drink that is constantly being hyped up. The main ingredient is just simple caffeine, that's all. You could just take one of those caffeine pills for a fraction of the cost. But marketing hype has enabled them to sell their product at a huge markup. In fact, the state of Oregon had recently filed a lawsuit against the makers of this 5-Hour Energy drink, claiming that they have falsely advertised their product. It is like many of those "as seen on TV" products. They have had similar products on the market for years and they just take a variation of those products and just hype them up at a higher price.

A while ago I heard of a product that claimed to dissolve kidney stones. Sure enough, when I looked at the ingredients, it listed an herb called: Chanca Piedra, which was apparently the active ingredient. Chanca Piedra has been around for many years (centuries in fact) and is easily available dirt cheap at many health food stores or on the internet. Yet there is a company out there that is selling this product for nearly fifty dollars for a one month supply. Granted it includes magnesium and some other nutrients, but it is still way over priced. If you have kidney stones, you can buy a bottle of Chanca Piedra online for as little as $5.00-$10.00. Remember folks, you don't always get what you paid for!

The company Nanobiotech was founded on the premise that Nanobacteria were the cause of many of our diseases, but as we have clearly seen, Nanobacteria is a fraud; furthermore, their miracle cure that they have charged two and three hundred dollars for a one month supply, consists of a substance (EDTA) that you can buy for less than ten dollars for a one month supply.

This company (Nanobiotech) has gotten lots of doctors to endorse their product. But you don't know what kind of financial interest that those doctors who endorse this product have. I am not saying that they are directly being paid off for their endorsement, but at that kind of money, I think it is fair to say that they may have some financial incentive to recommend their products. For example, they got the highly respected cardiologist Dr. Stephen Sinatra to endorse their product. The irony here is that Stephen Sinatra has voraciously endorsed the use of

magnesium and vitamin K2 as a treatment for calcification; in his own words Dr. Stephen Sinatra has called magnesium "The unsung hero of heart disease," and he has had similar praises for vitamin K2. It is kind of like an endorsement for my regimen and I didn't even have to pay him for this endorsement. You can see Dr. Sinatra yourself by going to YouTube and searching the keywords: “Magnesium: The Unsung Hero of Heart Health.”

Then there is the so-called Mayo clinic study that they quote. The Mayo clinic is the same clinic that claimed to find a link between Nanobacteria and calcification, which has since been refuted in studies conducted by *Scientific American*. Again, see the January 2010 issue.

My competitors say that you can get your insurance company to pay for their pills by getting your doctor to write “medically necessary” as a prescription. Even if you can find a doctor who is dumb enough to write you a prescription as "medically necessary" and even if your insurance company is dumb enough to actually pay for this crap, do you really want to give these people more money? In the end we will all have to pay for it with higher insurance premiums. But as I said before, if you want EDTA you can buy EDTA for a fraction of what my competitors are charging for NanobacTX, which as I said is really just EDTA at an insanely high price. These people have taken a remedy that cost them next to nothing and they have hyped it up with an elaborate marketing scheme. Remember, these are the same people who claimed that Nanobacteria caused calcification. Again, see the January 2010

issue of *Scientific American*, and look for an article entitled: "The Rise and Fall of Nanobacteria," And you will see that the emperor truly has no cloths. Don't fall for their marketing hype – it is all just "smoke and mirrors!"

The moral of the story is: Don't believe everything that you hear in the news! These people are just reporting what they hear; they do not personally verify the information. My competitors are just very clever marketing artists who have taken a cheap substance and have the gall to charge two and three hundred dollars for a one month supply. And then they try to ruin my reputation by posting negative reviews about my book. Furthermore, they have the nerve to use my book to advertise their product.

These people have made a fortune selling remedies to treat Nanobacteria, when every legitimate study every done has shown that Nanobacteria are not the cause of calcification. Just ask these people what the ingredients are. I did ask that question, and after several elusive emails, I finally got a copy of the list of ingredients. It was just EDTA with a few vitamins and minerals mixed in; that's it. Yet, these people are charging two and three hundred dollars for a one month supply of something that is nothing more than an outrageously priced vitamin and mineral supplement. It's the perfect crime: invent a bacterium that does not exist and then charge people two and three hundred dollars a month to treat it.

Ironically, the people at Nanobiotech have called me a fraud; that is, they have made unfounded

criticisms and had the gall to use my book to advertise their product. It is bad enough to write a negative review, but then to say: “buy our product,” takes real nerve.

And just for the record, my competition started this war. When I wrote the first edition of my book, I said nothing bad about my competitors. I had written my book shortly after reading the book entitled: *The Calcium bomb,* which was written by people who are affiliated with Nanobiotech. I had very politely expressed my disapproval of the Nanobacteria theory of calcification, and that was it – just one short paragraph about Nanobacteria. I thought it would be best to focus my attention on informing my readers about the phosphate theory of calcification, rather than talking about Nanobacteria. Apparently, my competition were so offended that I disagreed with them, so they decided they would try to ruin my reputation by writing a negative review, and then use the review to get free advertising for their product. In the end, the Scientific American report had proved me right; that is, Nanobacteria is a fraud. Yet my competitors still insist Nanobacteria is causing calcification and they are still charging a fortune for a simple substance (EDTA) that you can buy at most health food stores for less than ten dollars.

But it is not just me who is the victim of slander; this Juliane has written dozens of reviews on Amazon, all promoting their insanely overpriced product (NanobacTX). In fact, Juliane even ridiculed the highly respected Dr. Thomas Levy; apparently, Dr. Levy didn’t agree with Juliane’s opinion regarding nanobacteria, so she criticized him. Ironically, Dr.

Levy was just reiterating what I said when I first published my book in 2006. In fact, since my book was first published, there has been study after study that has corroborated my information.

For example, I claimed that phosphate food additives were one of the leading causes of calcification. And shortly after my book was published, there was a Harvard study that confirmed my claim. You can see this report for yourself by doing a web search for the following words: "Phosphates accelerate aging by Shawkat Razzaque."

Another recent study from the University of Sheffield reiterates the Harvard study. You can see this study for yourself by doing a web search for the following words: "phosphate intake Sheffield study."

I also expressed my disapproval of the nanobacteria theory of calcification. Then about four years after my book was published, the aforementioned study by Scientific American was published, which confirmed my claims; once again, I was right.

I also said in the first edition of my book (back in 2006), that calcification was one of the biggest risk factors for heart disease. Just a few years later, a study was published from John Hopkins stating that calcification was the biggest risk factor for heart attack and stroke. You can see this article for yourself by going to: hopkinsmedicine.org (that's ORG not COM), and searching the words: "calcium scoring." Or just do a web search with the key words: "Evidence Grows for Value of Calcium Scoring."

I also claimed that your cholesterol level was a very poor indicator of heart attack risk. And just three years after the first edition of my book was published, a study from UCLA confirmed that most people who experienced a heart attack had normal cholesterol levels; of course, this was nothing new to me, as I get my information from some of the best doctors in the world. Yet the mainstream still insists that high cholesterol levels are to blame for our epidemic of heart disease. You can see this report for yourself by doing a web search with the key words: "Most heart attack patients' cholesterol levels did not indicate cardiac risk." Or use the following link: http://newsroom.ucla.edu/releases/majority-of-hospitalized-heart-75668

Ironically, low cholesterol may impair our body's ability to make vitamin D, as this vitamin is synthesized from cholesterol, which is one of the reasons I claimed that the current daily value of vitamin D was woefully low. That was back in 2006 when the daily value was 400 IU's. I said we should be getting much more than that; of course, depending on your sun exposure and skin type. Just two years after my book was published, there was an explosion of research material that confirmed what I was saying back in 2006. Of course, this was nothing new to me, as I was reading material from great health researchers such as Michael F. Holick, who has been trumpeting the health benefits of getting adequate vitamin D long before most doctors even gave this vitamin a thought. So therefore, all the praise should go to people like Michael F. Holick and all of those other researchers, such as Dr. John Cannell, who

founded of the Vitamin D Council (Vitamindcouncil.org). I am merely their student.

I have repeatedly gone on record as saying that sugar is one of the main culprits in many of our health problems; and conversely, I have promoted a diet of "healthy (unrefined) fats." Once again, I was proven right: Just recently, a report was released indicating that the sugar industry paid scientists in the 1960s to play down the link between sugar and disease and promote saturated fat as the culprit. You can see this report for yourself by doing a web search with the following key words: "how the sugar industry shifted blame to fat."

I also said that fluoride may be a contributing factor in calcification, and just recently a study was published agreeing with this theory. You can see this study for yourself by doing a web search for the following words: "Fluoridated Water Can Calcify Arteries."

As you can see, I have an excellent reputation for accurate research. My competitors can post all the negative reviews that they want, and it only makes them look foolish because at the end of the day, every legitimate study agrees with me. And every prediction I have made has come true, and that makes me a success.

Incidentally, the use of magnesium and other nutrients like vitamin K2 is backed by many respected studies. Even the highly respected Life Extension Foundation or LEF as they are often called, has touted the benefits of these nutrients in combating soft tissue calcification. In fact, not too long ago LEF had run an article on the subject of

calcification in their monthly magazine. They specifically mentioned the use of magnesium and vitamin K2 for combating calcification. I did not see them use the word nanobacteria in their report. That's because they have enough common sense to see the truth. You can see this article yourself (it's free to view) by visiting lef.org and clicking on the magazine tab. Search for the August 2012 issue and you will see the front cover reads: "Protect against deadly arterial calcification." The article clearly agrees that magnesium and vitamin K2 are our best line of defense. If you can't find this report, use this web address:
http://www.lef.org/magazine/mag2012/mag2012_08.htm

While this report suggests that excess calcium is the culprit, I believe that it is the combination of calcium plus phosphates that are resulting in calcification. As I stated before, most calcium deposits are composed of a complex of calcium phosphate. The theory always made perfect sense. Remember the Harvard study I quoted at the beginning of this book.

My competition has gone to great lengths to undermine my credibility. They say: "He has no credentials." Well folks, I am currently 49 years old and I look like I am in my early 20's. You want to see my credentials? I have a birth certificate that says I am 49 and I literally look half my age - how is that for credentials! People are always shocked when I tell them my age; I don't even dye my hair. The fact is that all the legitimate studies agree with me, and

those studies are a lot more valuable than all the credentials in the world.

When critics mock me by saying he has no credentials or he's not a doctor, that just shows me that they have nothing legitimate to say. And when all is said and done, the fact remains that every legitimate study agrees with me. The fact is that a real education is what you have in your head. According to any dictionary, an education is knowledge; whether that knowledge is attained in a classroom or from independent research is irrelevant. What matters is the accuracy of the information. And all the information is this book is back by credible studies. That's the irony of this situation: when people have to flash their credentials, it shows me that they have no real education; if they did, they would not have to boast about their credentials; they would be able to impress me with actual knowledge. And incidentally, I get my information from some of the most successful doctors in the world.

But if you would like to learn from someone with credentials, then maybe you should talk to Dr. John Warner; he is a cardiologist with lots of fancy credentials and he is currently the president of the AHA (American Heart Association), and he also suffered a heart attack at age 52. Now I hate to mock someone who just suffered a heart attack, but I have to say: what the health!

Some people will blame Dr. Warner's alleged family history of heart disease, but in all likelihood, Warner followed AHA recommendations, such as watching his cholesterol levels and avoiding saturated fats, such as coconut oil. In fact, just

recently, the AHA (American Heart association) released a report claiming that saturated fat, such as coconut oil can cause heart disease. Now all one has to do is to look at cultures such as those that live in the tropics, where coconut oil is consumed as a staple, and you can see that their rate of heart disease is very low. It is clear that the AHA has been corrupted by financial interests that want to keep us all sick and dependant on their toxic drugs. The fact is that many years ago people consumed diets high in saturated fats and heart disease was very rare. People need to stop reading industry funded reports and start watching what healthy populations do. Incidentally, Procter & Gamble, the maker of Crisco oil, has been known to fund the AHA. Obviously, saturated fat such as coconut oil is somewhat of a competitor to Crisco oil. Personally, I consume about 1-2 tablespoons of coconut oil every day and I am not concerned about heart disease. My logic is that if coconut oil caused heart disease, then the people in tropical areas who consumed it as a staple, would be suffering heart attacks. Incidentally, breast milk is mostly saturated fat; apparently, Mother Nature felt that babies needed saturated fat. And furthermore, it is well established that breast-fed children are usually healthier than their bottle-fed counterparts. Remember, if you want to stay healthy, always follow what healthy people do.

While I admit that I am a lousy writer, I feel that I am an excellent researcher. And one of the reasons that I am good at research is that I understand that many research studies are tainted by those with a huge financial interest, and that includes reports

sponsored by agencies like the FDA or the CDC. Time after time I have seen doctors and many other types of health professionals who will quote studies by agencies like the CDC or the FDA as if they are gospel. Clearly, these people have not been in the real world, as it is very clear that these agencies are controlled by commercial interests, such as big pharma or the fluoride industry. For example, the famous Dr. Andrew Weil says that fluoride is safe because the CDC says so. Well, who do you think controls the CDC? I can literally give you the names of hundreds and possibly thousands of respected doctors who will tell you that fluoride is not safe at any level. I am sure that Dr. Weil means well, but he clearly does not understand the level of corruption that exists in the CDC and the FDA, and many other government agencies.

Just recently, the head of the CDC, Dr. Brenda Fitzgerald, resigned after reports that she bought stock in several tobacco companies, and this is despite overseeing the CDC's smoking-cessation programs. Documents revealed Fitzgerald had holdings in Reynolds American, British American Tobacco, Imperial Brands, Philip Morris International, and Altria Group," reports CNBC. This is another prediction that I have made, as I have constantly gone on record as saying that agencies like the CDC are run by people who have financial interests. Ironically, I have often been called a conspiracy theorist for making such claims, but in the end, I have been proven to be right once again. Frankly, I am getting tired of being right. Meanwhile, people like my competitors mock my education. Let's get one

thing clear: I learn from some of the most successful doctors in the world, but most importantly, I learn from watching the habits of healthy populations. I observe what they are eating and what they are doing. I do not waste my time reading studies from agencies that have a commercial interest. Or if I do read such studies, I am very cautious about what I believe. The average doctor does not question what they read: they will just believe anything that the drug or vaccine industry tells them. In fact, that is the biggest problem with this world: too many people just believe anything that they are told. Most people are followers by nature and rarely question what they are told. Wake up sheeple! If there is one thing that you can learn from this book, it is to question everything you hear, and that includes reports by agencies like the FDA or CDC, as these agencies are run by people who have a financial interest.

With the exception of CBS, every major media outlet in the United States shares at least one board member with at least one pharmaceutical company. Basically, the pharmaceutical industry controls most of the mainstream news media; it is estimated that the pharmaceutical companies spend about five billion a year on advertising with these media outlets, and therefore, these media outlets are financially dependent on big pharma. If big pharma doesn't like their content, they will pull their advertising. Most of the mainstream news reporters are just reading off of a teleprompter. Our so-called mainstream media outlets often hesitate to publish the truth because they may make money from people who advertise their products in their publications or websites.

The term "fake news" has gotten a lot of publicity lately, as more and more people are becoming aware of this situation. And we all need to learn to be cautious of what we hear in the news, as much of it is just "fake news."

They say this is the "information age." I completely disagree; the fact is that we are living in the "disinformation age," especially when it comes to medicine. Just look around you, the rate of just about every disease has skyrocketed. We are not living longer, we are dying longer, and the average person is completely oblivious to this reality. In today's society it is big news when there is a mass shooting or terrorist attack; although the recent slew of mass shootings has made it almost commonplace; nevertheless, when many people die, it is big news. Ironically, thousands of people die all of the time from easily preventable diseases. Think about that for a moment...imagine if there was a serial killer on the loose, that was killing thousands of people. Well folks, how many people do you think die every day from cancer or heart attacks and hundreds of other easily preventable conditions? Yes folks, I said "easily preventable." We know for a fact that most of our current health conditions were very rare in the past, so what does that tell you? The claim that we are living longer is absolute nonsense: we have only gotten better at treating injuries, but not at treating disease. We now have cellphones that enable us to call 911 and have the paramedics shock our hearts back from the dead. I would hardly call that progress. It is very ironical that it makes headlines news when a mass shooting or a terrorist attack takes place, but

no one bats an eyelash when countless people die every day from environmental factors, such as poor diet or exposure to toxins in our environment. Not to mention the thousands of people who die every year from hospital errors. Our health authorities usually blame our genes for most of our health conditions. I recently read one of the most outrageous reports that claimed that two-thirds of all cancers are caused by bad luck, or more specifically, mutations in our DNA – this is non-sense. We know that cancer was very rare in the past. Let's take breast cancer for example: our health authorities have blamed hair dyes and they have blamed the so-called BRCA gene, but this makes little sense. While the BRCA gene may be a contributing factor, that's all it is: a contributing factor, and a very small factor at that. I say this because breast cancer was very rare in the past. But let's look at the Japanese example: we know for a fact that Japanese women have a much lower incidence of breast cancer than American women, but when Japanese women move to America, their breast cancer rate is the same as American women. So what's going on? Well, one very likely possibility is that in Japan they consume a lot of seaweed, which is high in iodine. It is a well established fact that breast tissues require a lot of iodine. But the problem is that most processed food has high levels of bromines that compete with iodine and can displace iodine in the body. Even if you are getting adequate levels of iodine from your diet, this amount is not enough when your body has to compete with high levels of bromines. Most processed foods have bromines, especially baked goods, like breads.

Moreover, if you are drinking tap water that has fluoride and chlorine, these two elements can also compete with iodine. Of course, taking extra iodine could help prevent breast cancer and many other health problems. But most doctors will never tell their patients that. Unfortunately, the breast cancer industry makes a lot of money from treating the condition, so there is little incentive for anyone to prevent the disease. Incidentally, if you want to learn more about iodine's health benefits, I highly recommend the book entitled: Iodine, Why You Need It by Dr. David Brownstein.

Getting your news from "independent media outlets" can be very enlightening. Publications such as the Weekly Standard, or Newsmax often cover news that the mainstream media outlets are reluctant to report. This is not to say that you should believe everything they report, but you may find such publications to be more enlightening than your typical news source. These publications are mostly political in nature; that is, they rarely carry junk news, such as the latest antics of Justin Bieber or Miley Cyrus. Newsmax currently offers a free E-newsletter that you can sign-up for at their website (Newsmax.com). And, also check out Newsmaxhealth.com. They are the publishers of many excellent health newsletters, including, The Blaylock Wellness Report, Dr. David Brownstein's Natural Way to Health, and a host of others. Reading these newsletters will help you stay abreast of the latest health information. And that is what this book is all about: it is about empowering you to take care of yourself, by getting the right information. Unfortunately, most of us have been

virtually brainwashed into believing that cholesterol causes heart disease and we are told that we can protect ourselves by taking statin cholesterol lowering drugs. Rather than talk about the dangers of these drugs, I will recommend that you read the book entitled: *The Statin Disaster* by the highly respected Dr. David Brownstein. Note: that I don't make any money from sales of Dr. Brownstein's books; I am just a big fan of Dr. Brownstein, as he is one of my favorite health writers. You can visit his website at: http://www.drbrownstein.com

I also highly recommend Mike Adams, A.K.A. the health Ranger, as he has some excellent information at his website: Healthranger.com

I also recommend my own website: http://www.calcificationbook.com, as it includes links to many useful websites in the resources tab.

As a final note to this chapter, I think that more and more people are starting to wake up to what is going on in this world: with all the recent allegations of sexual misconduct by all those famous people, it is becoming clear that we live in a world that is riddled with corruption. It seems like almost every other day that more women are coming forward to tell their stories. But this is just the tip of the proverbial iceberg, as most stories will never see the light of day because the people involved were just not famous enough. Or more importantly, the victims felt too threatened to come forward for fear that their reputations will be ruined just for telling their story.

It seems like power seems to go to people's head's and make them feel that they are entitled to anything, and that includes other people's bodies. They look at the rest of the world as peasants and feel that us peasants should bow to them and accept everything they say without question. And then there are those who think that they are smart; they may have spent many years in college and even graduated at the top of their class, but the problem is that a lot of what is taught in college is just "useless information." With all of their fancy credentials they still end up suffering a heart attack in their early fifties (note: I am referring to AHA director Dr. John Warner).

Have you ever heard of the Fukushima nuclear disaster? Apparently, a lot of college educated morons decided it would be a good idea to build a nuclear reactor on top of an earthquake fault line. Of

course, there was an earthquake and consequently, and major meltdown. The point that I am trying to make here, is that all of these people who built this nuclear reactor were obviously well-educated, at least in the conventional sense. But in the end, not one of these college educated clowns had the common sense to understand that you should not build a nuclear reactor on top of a fault zone. It's like building a house next to an active volcano, and then wondering why you wake up one morning with your house covered in lava. If only they taught common sense in school.

There are people who graduated from ivy league colleges who have no real education and frankly, no common sense. While most of these "pseudo-intellectuals" are sitting in their ivy league towers, I am in the real world studying the diets of healthy populations.

Unfortunately, few schools, including the so-called ivy league schools, ever bother to teach their students the critical thinking skills that are necessary to distinguish between fact and fiction, or how to see fake news for what is really is. Ironically, I am sometimes called a quack because I didn't learn in a classroom. Yet, here I am at 49 years old, and I literally look half my age. And this is despite the overwhelming stress that I live with. Think about that for a moment…who would you rather take health advice from: a doctor who suffered a heart attack at age 52, or a guy who is 49 years old and still looks half his age?

Would you take weight lose advice from someone who was overweight? What if that person

was a doctor with lots of credentials? Have you ever wondered why there are so many overweight doctors and nurses? The fact is that obesity was very rare in the past. Incidentally, if you are looking to lose weight then my advice is to seek out someone who actually lost weight and kept it off. Never mind how many credentials that person has; I prefer to judge people by their performance.

I have spent nearly 30 years studying nutrition and when I started having problems with my eyes and I could no longer read any more, I had to use text to speech software to read. Unfortunately, they did not have E-books back then, so I had to invent the technology myself by converting physical books into E-books, so that I can use them with my text-to-speech software. Back then they did not have duplex scanners available at any reasonable price, so I had to do things the hard way, by scanning page by page. Now I have better equipment which has enabled me put together a massive database of health information. I had to overcome crippling pain in my eyes to write this book. Ironically, every time I go to my eye doctor, I see lots of fancy credentials on his wall, but he does nothing for me. He means well and tries his best, but sometimes even the best doctors just can't do anything. The point is that credentials don't make someone a good doctor. It is his or her knowledge that makes a doctor a success. And even if you get relief from your pain or symptoms, those magic pills that your doctor prescribes may someday cause you serious side-effects that can take years to develop. Remember Vioxx? The wonder drug worked great, but tens of thousands of people died from

using it. I would hardly call it a wonder drug. The only wonder is how such a drug could ever get approved in the first place.

Introduction: part two

The premise of my book focuses on the phosphate theory of calcification, with chapters on vitamin K-2 and other relevant issues. I wrote this book because there is no other book on the market like it. Some people have compared my book to the aforementioned *Calcium Bomb,* but my book is very different. Basically, their book is all about nanobacteria; while my book focuses on phosphates. Comparing the two books is like comparing the movies *The Muppets take Manhattan* to *Jason takes Manhattan*. Both movies were very different, but shared one common denominator: that being they both took place in Manhattan. Granted, I have not had the "pleasure" of actually watching *Jason takes Manhattan*, but I think it is fair to say that it is a far cry from *The Muppets take Manhattan*.

Anyway, there are currently two theories regarding how dietary phosphates affect the metabolism of calcium. The first theory has to do with the production of a dangerous hormone called FGF23, which has been shown to increase levels of both calcium and sodium in the blood. This in turn can result in both calcification and high blood pressure. In a recent study conducted in Vienna, it was determined that when large quantities of phosphates are consumed, production of the FGF23 hormone is stimulated, which has a negative effect on the cardiovascular system.

Another theory regarding dietary phosphates has to do with the high acid level of phosphates. Most calcium deposits, such as those affecting the coronary arteries, are composed of a complex of calcium phosphate. The theory works like this: Phosphates, which are added to most processed foods, are highly acidic. When we ingest phosphates they will create an acid environment in our bodies. Fortunately, our bodies have a built in defense mechanism: that is we have alkaline minerals such as calcium to neutralize the acid. That is why calcium is the main ingredient in most antacids. When excess phosphates are ingested from dietary sources, our bodies will then draw calcium out of our bones to neutralize the excess acid. Unfortunately, the calcium is then deposited in our soft tissues in the form of a calcium phosphate complex. It is well known that people with kidney problems have a hard time eliminating phosphates. And they are therefore advised to follow a low phosphate diet. They are also prescribed phosphate binding agents. One of the safest phosphate binding agents is magnesium carbonate, which is available over the counter and is dirt cheap. This form of magnesium has been proven in clinical studies to safely bind phosphates. Taking just 100 milligrams of magnesium carbonate with every phosphate containing meal can safely bind phosphates and prevent them from binding with calcium, and subsequently being deposited in your soft tissues. Before using magnesium carbonate or any other form of magnesium, please read the magnesium chapter in this book, as you must know the details for safe use.

If you are an avid health enthusiast, then you have probably heard about the alkaline theory of disease. In fact, one author by the name of Theodore A. Baroody went so far as to entitle his book: *Alkalize or Die.* You can find his book on Amazon.com. But just to be clear, most of the dangers of over acidity have to do with calcification. It is not that our bodies will acidify; it is that our bodies will draw calcium out of our bones, which will then bind up the phosphates and subsequently deposit the calcium phosphate complex in our soft tissues. Therefore, we have two methods to protect ourselves: the first method is to avoid phosphates. The second method is to use magnesium carbonate to bind phosphates and prevent them from causing harm. But first we must be able to identify what foods contain phosphates. In the following chapters, I will try to shed some light on this issue.

Phosphates! Phosphates! Everywhere!

The mineral phosphorus occurs in many forms. When phosphorus occurs naturally in food, it is often in the form of a phospholipid. These forms of phosphorus are said to be more alkaline and therefore less likely to calcify. Furthermore, when phosphorus occurs in nature, it is often accompanied by a special enzyme called phosphatase. The primary purpose of this enzyme is to break down phosphorus. Normally raw milk in its natural state contains the phosphatase enzyme. Apparently, Mother Nature considered the high level of phosphorus contained in milk to be a danger. And in all of her wisdom, she created the phosphatase enzyme to counterbalance the high level of phosphorus. Unfortunately, when our milk is pasteurized, the high heat used in this process tends to destroy all the phosphatase enzymes contained in the milk. So while the pasteurization process can destroy harmful microbes, thus preventing acute illness, this process can also contribute to chronic health problems by destroying the phosphatase enzyme. This may account for some of the discrepancies regarding the health benefits of milk; that is, many of milk's alleged health benefits may have been attributed to the phosphatase enzyme contained in raw milk. And conversely, many of the alleged health problems associated with milk consumption may have to do with the pasteurization process, and its resulting destruction of the phosphatase enzyme.

Soda pop is notorious for its high content of phosphoric acid; hence, the old saying: “soft drinks cause soft bones” (and conversely, hard arteries). But what few people know is that almost all processed foods contain phosphate additives. This is the bad form of phosphorus; the type that can cause soft tissue calcification.

Phosphates act as leavening agents that "fluff up" foods such as cakes, biscuits, breads and pancakes. Unlike yeast recipes, such as sourdough, phosphates have no taste and can be used for a wide variety of baking products, such as prepared doughs, pizzas and cake mixes. These include most lunch meats, and most prepared foods. Milk products naturally contain a high level of phosphorus, and most cheese products add additional phosphates, thus adding insult to injury. Normally raw milk in its natural state contains an alkaline enzyme called phosphatase. As mentioned earlier, the high heat used in the pasteurization process tends to destroy all the phosphatase enzymes, thereby making most milk products harmful.

Below is an example of the
many forms of phosphates to look out for.

Acetylated distarch phosphate
Acid calcium phosphate
Acid sodium pyrophosphate
Ammonium phosphate dibasic
Ammonium phosphate monobasic
Ammonium phosphatides
Ammonium polyphosphates
Ammonium salts of phosphatic acid
Bone phosphate, edible
Calcium hydrogen orthophosphate
Calcium phosphate dibasic
Calcium phosphate monobasic
Calcium phosphate tribasic
Calcium polyphosphates
Dicalcium diphosphate
Disodium dihydrogen diphosphate
Disodium dihydrogen pyrophosphate
Disodium hydrogen orthophosphate
Distarch phosphate
Edible bone phosphate
Guanosine 5' - (disodium phosphate)
Hydroxypropyl distarch phosphate
Inosine 5' - (disodium phosphate)
Magnesium hydrogen phosphate
Monocalcium orthophosphate
Monostarch phosphate
Orthophosphoric acid

Phosphated distarch phosphate
Phosphoric Acid
Polyphosphates, ammonium
Polyphosphates, calcium
Polyphosphates, potassium and sodium
Potassium dihydrogen orthophosphate
Potassium phosphate dibasic
Potassium phosphate monobasic
Potassium phosphate tribasic
Potassium polyphosphates
Potassium tripolyphosphate
Riboflavin-5'-phosphate sodium
Sodium acid pyrophosphate
Sodium aluminium phosphate, acidic
Sodium aluminium phosphate, basic
Sodium dihydrogen orthophosphate
Sodium phosphate dibasic
Sodium phosphate monobasic
Sodium phosphate tribasic
Sodium polyphosphates
Sodium pyrophosphate
Sodium tripolyphosphate
Tetrapotassium diphosphate
Tripotassium orthophosphate
Tetrasodium diphosphatele
Trisodium diphosphate
Trisodium orthophosphate

In general, if it comes in a package, then there is a good chance it contains phosphates. You therefore have two choices if you want to stay healthy: You can either avoid it. Or you can take magnesium carbonate to bind the phosphates. While the latter choice may sound like the easiest. You must bear in mind that almost all processed foods contain harmful ingredients. This book is only designed to discuss the dangers of phosphates. But there are many other harmful ingredients that you need to watch out for. Therefore the easiest way to stay healthy is to reduce your intake of processed foods as much as you can. It is interesting to note that almost all cultures that are known for their longevity share the one common denominator: that is that they have a low intake of processed foods. Simply put: processed foods kill! If you want to stay healthy, you should avoid them as much as possible. Of course, we live in the real world and this is not always practical for the average person. I know it is hard to watch your friends enjoying a meal of sugar-laden foods while you are munching on a carrot stick. Obviously, at the next birthday party that you attend, whether it be your own or someone else's, you would not want to watch everyone else enjoying that delicious cake, while you have to sit on the sidelines. But if you are smart, you may just be able to have your proverbial cake and eat it too. By taking about 100 milligrams of magnesium carbonate with your meals, you can safely bind up the phosphates and prevent them from calcifying your soft tissues. In the

following chapter, I will go over the details of phosphate binding and magnesium supplementation.

Incidentally, I recently read a report stating that a low phosphate diet may not be advised for patients with kidney disease. Normally people with kidney problems have a hard time eliminating excess phosphates; therefore they are put on phosphate restricted diets and often given phosphate binding agents such as magnesium carbonate to bind up the phosphates.

At first glance this report would seem to indicate that phosphate restriction is worthless or potentially dangerous. But if you take a closer look at this report, it states "that these findings apply to naturally occurring phosphate only and do not pertain to foods that are high in phosphate due to phosphate-containing food additives." Apparently, the researchers did not differentiate between naturally occurring phosphates and the synthetic food additives which are very different. It is the synthetic phosphates that are harmful just as I have indicated all along.

Phosphorus is said to be a sociable element, bonding easily and well with others. It is this powerful binding action that makes it the active ingredient in most so-called industrial strength cleaning products. In detergents, phosphates strips food and grease off dirty dishes and breaks down calcium-based stains.

In the not so distant past, phosphates were added to almost all laundry and dishwasher detergents, but due to government regulations, phosphates were removed from almost all but a few so-called professional grade detergents. The idea, or

the excuse was to stop the increased growth of algae in rivers and lakes, as phosphates act as a fertilizer; that's the P in N-P-K fertilizer.

The reality is that most of these phosphates come from phosphate fertilizers entering our waterways from soil runoff; while this so-called phosphate pollution from detergents is minute compared to what comes from NPK fertilizers. Yet, a lot of misinformed legislators decided that banning phosphates from our dish and laundry detergents was a good idea. Now we have detergents that are just not as effective as they once were. Fortunately, you can manually add phosphates back to your detergents by using a product called: trisodium-phosphate, or TSP for short. It is available at most hardware stores, but it is usually not in the cleaning section; it is usually in the paint section, as it is used to clean surfaces after using paint/varnish removers. Just make sure you get the real thing, as many of the TSP products on the market are actually not real TSP at all. Read labels very carefully and avoid any product that has the words “substitute” or “phosphate-free” on the label, as these are not real phosphate containing products, but rather a highly inferior product that consists mainly of sodium carbonate.

People who have used real TSP have raved about the fantastic results that they have gotten from it. As little as one tablespoon of real TSP added to your dishwasher detergent can make a big difference. If you are unhappy with how your dishwasher detergent is performing then you may want to try adding just one tablespoon of TSP to your

detergent, or adding one quarter cup TSP to a full load of laundry. Many people swear it makes a big difference in cleaning power. This may be especially true for people who live in areas with hard water, as it may contain a high level of calcium, which may contribute to the white spots that some people are seeing on their dishes. As I mentioned throughout this book, phosphates bind calcium, as well as other elements. It is ironical that they have banned phosphates from our detergents, but they still allow phosphate additives to our food. It is the other way around: They should have banned phosphates from our food and left phosphates in our detergents. Interestingly, many so-called professional grade detergents still include phosphates; these detergents are meant to be used by hotels, restaurants, and hospitals, as they demand detergents that actually work. Ironically, it has been suggested that some of the phosphate-free detergents may be even more harmful to the environment than the phosphates themselves.

The focus of this book however, is how phosphates cause calcification in the body and how to protect yourself from these phosphates. Certain forms of magnesium have been shown to bind phosphates, and that will be the focus of the next chapter.