

Global Environment and Bones: Impact of Modern Dietary Life

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Summary

The sodium and calcium abundant in the seawater from which living beings evolved are important constituents for the body fluid of all animals on the earth. However, due to excessive sodium and inadequate calcium intake, men of today tends to be afflicted with stroke or high blood pressure, or osteoporosis, conditions which are never observed in wild animals. The reason of developing these diseases is the low calcium diet that causes the outflow of calcium from bone. In order to maintain a sufficient calcium concentration on the blood required for maintaining life, it is often necessary to top the calcium in bone, and this eventually reduces the bone solidity. The calcium contained in diet is declining due to universalization and simplification of the diet, and industrialization and commercialization of food production processes. In the background of this phenomenon, the economic efficiency and choice demanded by people exist as complicating factors. Modern diseases like osteoporosis could be therefore be a warning against deficiencies with today's eating habits.