

钙健康指南

GAI JIAN KANG ZHI NAN

米氏说钙

MI SHI SHUO GAI

Ca

米昭曾 罗永健 白双法/著

阐明缺钙之危害
解析补钙之误区
教授吃钙之方法

Ca

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序

人体靠骨架支撑。有骨架的支撑，人体才能得以舒展，行动自如。倘若骨骼发育不好，或出了毛病，那会是一种怎样的情景？骨病给人带来的痛苦是有目共睹的。可见一副健康的骨架对人体是多么重要。

那么，何者决定骨骼的健康呢？钙。钙是构成人体“五大宏量元素”之一，更是构成骨骼的最重要的“原材料”。成年人体内含钙超过1公斤，其中99%存在于骨骼和牙齿，仅有1%分布在血液与细胞内。小儿缺钙患佝偻病，成人缺钙引起骨质疏松；必须着重指出，缺钙还是心、脑血管病的重要病因。人类，特别是老年人的多发病和难治病多与缺钙有关，这是预料之中的事，因为钙对生命的重要性绝不亚于空气和水。试想一个人活到六七十岁，缺了一辈子钙，能不患骨质疏松、骨质增生和心、脑血管病吗？

如何预防缺钙？缺钙又如何补钙？补钙应注意什么？

围绕这些问题，医学界一直在探索，给出了五花八门的答案：钙，每日吃800毫克就够了，最多不超过1500毫克，吃多了易生结石；维生素D促进钙吸收；凡药三分毒，补钙也是“药补不如食补”等，不一而足。

关于这些说法，本书作出了否定的回答。美国制定的“钙参考摄入量”(DRIs)是每人800~1500毫克/天。实际上，它只能满足人体钙需要的1/3，只有提高为3000~5000毫克时，才能使人体达到“钙平衡”；人体产生结石，不是钙吃多了。哈佛大学对数万人的追踪调查证明，恰恰是膳食钙吃少了。VD

可促进钙吸收的说法与事实相悖,人体实验证明 VD 不仅不促进钙的吸收,却难逃“促退钙吸收”之嫌。补钙,药补不如食补的说法,听起来顺耳、诱人,实际上无法实施,任何高明的营养师都无法制定出达到补钙标准的食谱来,除非把人的日进食量提高到每天几十公斤,但谁有这样的胃口呢?因此,使人体不缺钙的关键,只能是在膳食之外,足量吃钙。再有,骨质疏松和骨质增生都是缺钙引起的骨病,是“同病相连”,绝不是—一个由缺钙而成,一个因多钙而起。

这,就是本书经过长时间、大规模的人体平衡实验得到的最新结论。

本书作者进行钙研究长达 26 年,并集中在 3 年之内测定了 20 公斤食物、150 公斤大便和 5000 公斤尿液的钙含量,对 7 名志愿者进行了 601 天的“钙平衡”实验。这在钙的研究历史上是绝无仅有。

“米氏钙理论”对传统的“钙理论”是一种全面的“颠覆”,它必然引起各界的关注。人人都要在“新、旧理论”之间做出自己的选择,因为健康掌握在每个人的手中。从 2001 年 5 月第一版《钙营养》问世以来,接受新观点的人不断增多,足量吃钙的人受益也十分明显。

正是应读者之需,才修订再版《钙营养》并改名为《米氏说钙》。在第二版中,增加了“钙常识”、“钙实验”等篇章,扩充了吃钙、选钙的内容,梳理了有关骨质疏松的文字,使此书更具知识性和实用性。相信这本书能给读者带来真正的健康。

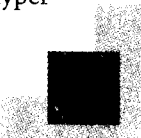
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2006. 05. 16 于北京

Preface


Our human body builds on our skeleton. With its support the body is able to stretch and move freely. It is not hard to imagine what would happen if the skeleton is poorly developed or has some problem. Sufferings due to bone diseases are often very painful and serious. How important a healthy skeleton is to the human body!

Then, what determines the health of a skeleton? It is the calcium element. Calcium is one of "the five macroscopic elements" of the body, and the most important "raw material" in the skeleton composition. In an adult's body there is about 1 kg of calcium element, 99% of which is in bones and teeth, and only 1% is in blood and cells. Calcium deficiency causes rickets in children, and osteoporosis in adults. It should be emphatically pointed out that calcium deficiency is also an important cause of cardio- and cerebrovascular diseases. The frequently-occurring and refractory diseases of people, especially of the elderly, are often related to the lack of calcium as expected, since the importance of calcium to life is no less than that of air and water. How could a man of sixty or seventy years old, lacking calcium in his whole life, not suffer from osteoporosis, hyperosteogeny and cardio- and cerebrovascular diseases?



How to prevent calcium deficiency? How to nourish the body with calcium when it lacks? What cautions do you have to take during calcium supplement? These questions have been studied for many decades and the recommendations from the medical doctors are varied. The most common recommendations are that it is enough to eat 800 mg of calcium per day. The highest daily intake should be less than 1500 mg and higher intake will cause calculuses. Vitamin D enhances the absorption of calcium. All medicines are poisonous to some extent, so the intake of calcium "is better from food than from medicines", and so on and so forth.


The author of this book challenges these recommendations. The dietary reference intakes (DRIs) of calcium given by the US are daily 800–1500 mg per person. But in reality this only meets one third of a human body's need of calcium. "The calcium balance" may only be established when its daily intake is increased to 3000–5000 mg per person. Calculuses are not the consequence of overdose of calcium, but due to calcium deficiency as shown by the results of a follow-up study of tens of thousands of people carried out by Harvard University. It is also not true that vitamin D enhances calcium absorption and VD is hard to avoid the suspicion that VD inhibits calcium absorption as shown by the author's experiments. The statement that cal-



cium intake should be better from food than from other calcium sources is just pleasing to the ears, but it is not feasible, because no brilliant nutritionists can formulate a diet plan to satisfy daily calcium intake. Who can eat tens kilograms of food daily. Who will be such a big eater? Therefore the key to solve calcium deficiency is to eat a sufficient amount of calcium supplement besides food. In addition, both osteoporosis and hyperosteogeny are bone diseases whose causes are the same, i.e. calcium deficiency, absolutely not that the one is due to lacking calcium and that the other is due to excessive calcium.

These are the "novel theories" of this book. The author has drawn these conclusions after a large scale of experiments of calcium balance in human bodies for a long period of time. He has studied calcium in human bodies for 26 years, and has determined the calcium content in 20 kg of food, 150 kg of stool and 5000 kg of urine within three years, and has done "calcium balance" experiments on seven volunteers for 601 days. There has been no such precedent in the history of calcium study. "Mi On Calcium" sounds reasonable and speaks on good grounds.

Mi's theories are a complete overturn of the traditional "calcium theories". His theories will certainly be followed with interest from all circles. Everyone has to make a choice between the new and the old theories. Since the

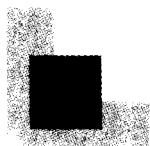


publication of the first edition of CALCIUM NUTRITION in May, 2001, the number of persons who have accepted the new theories have been constantly increasing, and a sufficient intake of calcium has benefited them a great deal.

To meet the demand of the readers the second edition of CALCIUM NUTRITION, with a new title of MI ON CALCIUM has been published. In this book two new chapters entitled Knowledge of Calcium and Calcium Experiment have been added, the contents of eating and optioning calcium preparations have been expanded, and the language about osteoporosis has been revised, thus this book is more informative and practical. I believe that this book may bring true health to readers.

Beijing
16 May, 2006

Han Zengyu,
the former deputy head of
CHINA FOOD STUFF office



前言

本书的数据和结论是作者长期“人体钙平衡实验”的研究结果。

在世纪之交，作者对 7 名志愿者进行了 601 天“钙平衡”实验，其中一位受试人的“钙平衡”被连续监测了 286 天。这在医学、营养学研究中是史无前例的。实验证明，美国现行的“钙营养素参考摄入量”(RDIs = 800~1500 毫克/天)定错了，定低了；美国的 RDIs 尚不足人体钙需要量的 1/3。本书的结论是：成人每天摄入 3000~5000 毫克钙元素，才能达到人体的“钙平衡”，才能维持人体的基本健康。

现在美国钙标准、中国钙标准、米氏钙标准，三足鼎立，并列在世人们面前，其差值超过了 3 倍。究竟谁是谁非？实践是检验真理的标准，此时只有大规模的人体实验能够做出裁决。在美国标准未被否决，米氏标准未被公认之前，人们只能默认既成的事实，同时敦促有关方面尽快进行“人体实验”，以鉴别真伪。本书作者相信：“米氏钙标准”必将通过“大批量人体实验”的验证，取代现行“美国钙标准”，因为科学拒绝谬误。

健康属于每一个人，人人享有健康权。“吃钙多

少”是人体健康的一个决定性因素,所以每一个人都面临着“吃多少钙”的选择。本书作者愿依据 26 年“人体钙代谢的研究结果”,为读者答疑、解惑。希望全人类早日摆脱钙饥饿,人人享有钙健康。请登录网站:
www.acc999.com 或电邮联系:mmiizz@163.com

作者于北京
2006 年 5 月 9 日

FOREWORD

The data and conclusions of this book are the results of a study of "calcium balance experiment in human bodies".

At the turn of the century the author carried out the "calcium balance" clinical trial on seven volunteers for 601 days, and one of them was examined for 286 days continuously. There has been no such precedent in the history of medical and nutriological studies. The trial results have proved that the current US DRIs (Dietary Reference Intakes) of calcium (800–1500 mg daily) is too low and meets only one third of the required amount of calcium for a human body. This US standard may have made human beings to suffer from diseases caused by calcium deficiency, which is the cause of senility, poor health and short life expectancy. The conclusion of this book is that in order to achieve "calcium balance" in the human body and maintain basic health, the adult's DRIs should be 3000–5000 mg of elemental calcium daily.

At present the US, China and Mr. Mi's DRIs of calcium are like the three legs of a tripod standing in front of people. The difference between them exceeds three times. Which is correct? Which is incorrect? Practice alone is the

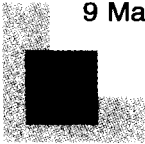
yardstick of truth. In the meantime only a large-scale clinical trial is able to provide the answer. Before overturning the US and generally recognizing Mr. Mi's DRIs of calcium people are obliged to give tacit consent to the current state of facts, and at the same time, urge the authority to do a "clinic trial" as early as possible. The author believes that Mr. Mi's standard is bound to replace the current US one by virtue of the results of a large-scale clinical trial, just like the heliocentric theory being replaced by the geocentric. Science rejects falsehood.

Health belongs to everyone, and everyone has the right to be healthy. At present, how much calcium should be taken is an important factor for our health and so each one should decide how much calcium he should take. The author would like to answer readers' questions and address their concerns with his 26 years-long research of calcium metabolism in human bodies. He hopes that all people may recognize the problem of calcium deficiency as early as possible and take enough calcium and live healthy life. Please use the website of [www. acc999. com](http://www.acc999.com) or the email address of [mmiizz@163. com](mailto:mmiizz@163.com) to contact the author.

Bej jing

The Authour

9 May, 2006



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