

Clinical Value Analysis: Dietary Health

Phosphorus Hazards: Kidney (Direct) and Heart (Indirect).

The information in the following link explains “Phosphorus (or phosphate) is a mineral found in most foods. At the correct level in your body, phosphorus works together with calcium to keep your bones and teeth strong and help your nerves and muscles work properly.”

<https://intermountainhealthcare.org/ext/Dcmnt?ncid=521451717>

In terms of its levels in foods, the following can be used for fast reference.

<https://www.healthline.com/nutrition/foods-high-in-phosphorus#section11>

Caution: The information provided also explains how much phosphorus is added in prepared, preserved as well as in fast food menu items.

Why Is It Important To Know About Levels of Phosphorus?

From the aspect of epigenetic activity (cell signaling that has minerals and elements as its foundation), phosphorus and calcium have an agonistic (binding) relationship; i.e. the molecules can bind together and create imbalances in key cytokines; e.g. IL-11 and IL-15. Simply, calcium consumption can be dramatically increased when the calcium atoms are bound to phosphorus.

The details for epigenetic activity are too complex for a document of this nature but, in addition to the phosphoric acid used in colas, one's choices of foods as well as epigenetically inherited levels of phosphate can result in excessive calcium in the extracellular matrix and within cells through endocytosis.

The following is an excellent example the perils of excessive calcium.

<https://medicalxpress.com/news/2018-11-coronary-calcium-predictor-patients-heart.html>

The information provided earlier explains excessive phosphorus as a near certain factor for kidney disease the fact that nutritional science has failed to advise

consumers that elements such as phosphorus and calcium have agonistic relationship has put your heart and vascular health at risk.

Summary

The calcium driven causes of CVD could be exacerbated by unknown factors such as phosphorus in cola, excessive consumption of fast foods, etc. Furthermore, phosphorus can be verified as a “modulator” in several cytokines; including but not limited to IL-32 and IL-15.