

## Letter

# Letter to the Editor

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### Dear Colleagues

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I've observed that weak teeth, probably caused by low density of calcium, is a possible symptom of Sz. Why?

We know that Sz is a Northern Hemisphere problem mainly. People of color from high sunlight areas have denser, whiter teeth, -a sign of high Calcium Uptake of course, Vitamin D is mainly gotten from sunlight. If we consider that Caucasians have low Vitamin D exposure, and therefore low Calcium uptake, we should see that Schizophrenics from the Northern Hemisphere have weak teeth and a high proportion of cavities and tooth breakage percentage.

Now Calcium can inhibit Iron absorption. Caffeine taken with iron results in an 80% decrease in iron absorption. If Calcium is prevented from being absorbed because of low Vitamin D, then Iron surplus results and too much Iron not absorbed the body. Since Sz may be caused by too much iron (Cusack, Sz and Its Cause. 2016), then we see a path as to why weak teeth in Caucasians is a sign of possible Sz.

Interesting that caffeine found in Coffee, Tea, Chocolate, Dark pops, all prevent Calcium uptake. Every 150 mg of caffeine equals 5 mg loss of calcium. So, with the loss of calcium, weak teeth result and a preponderance of Sz. Caffeine could be contributing to Sz and carries.

A through study on these four compounds should be undertaken to see if Schizophrenics have high carries, low calcium, high iron and low Vitamin D. Northern hemisphere Caucasians should

- increase vitamin D in the diet (Milk);
- increase Calcium in the diet (milk);
- decrease caffeine intake (Pop, Coffee, Tea, Chocolate);

Pregnant Caucasian women of the Northern Hemisphere, who happen to be lactose intolerant (no dietary milk), should not drink tea or other sources of caffeine to avoid negatively influencing calcium uptake in the fetus.

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