

Calcium and Osteoporosis

Calcium is of prime importance to the Body, and touches the topics of Nutritional and Hormone Imbalance in Males and Females.

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Digestive Acids normally reduce substantially with passing years. Calcium Supplement in the form of Calcium Carbonate (CaCO₃) further reduces acids in the stomach. This further aggravates “Gastrointestinal Intolerance”. Calcium Carbonate not being water-soluble is not available in the ionic state and absorption is less than 4%.

The solution is, to use water soluble Organic Calcium, which is bio-available in ionic form for easy assimilation in the Body and at much higher percentages.

Calcium alone is incapable of ever reversing Osteoporosis The experience of Doctors worldwide is that no significant increase in Bone Density occurs by using Calcium Carbonate preparations, which are normally readily available today.

Natural Calcium and Super Calcium are both Organic Calcium. Super Calcium has Magnesium, Boron and Zinc in a synergistic manner to help reverse Osteoporosis.

The following Minerals + Vitamins are required in Organic Form in these specific ratios to help reverse Osteoporosis:

Minerals	Elemental Weight
Calcium	1200 mg
Magnesium	600 mg
Zinc	60 mg
Boron	6 mg
Manganese	5 mg
Copper	1 mg
Vitamin - K	100 mcg
Vitamin - C	1500 mg
Vitamin - D*	200 to 400 IUs

**Not recommended to be given in places with adequate sunshine as Vitamin D can causes toxicity. Excessive Vitamin D causes Calcium to deposit in various Organs / Tissue of the body and can lead to Osteoarthritis*

HEALTH POSITIVE

Sesame Seeds / Chutney has both Organic Calcium and Magnesium and therefore recommended for reversal of Osteoporosis. If Micronized, as in **Tahini**, they will be many more times Bio-available to the body.

It is easily possible to optimize and step-up the flow of Gastric Juices to help enhanced digestion and optimize absorption of Nutrition from food. Improper flow of Gastric Juices will impair the absorption of all types of Nutrition besides Calcium and the Body will begin to age rapidly. The use of Antiacids containing CaCO_3 like Tums (touted to help reverse Osteoporosis) is therefore not recommended.

Excess of CaCO_3 can cause a serious Kidney damaging disorder know as **Milk Alkali Syndrome**.

We have a Herbal Preparation **Digestive Aid**, which helps increase Digestive Juices in the Body. 1 capsule taken half hour before meals for 2 to 4 weeks will help correct this situation and optimize the absorption of Nutrition from the Food you eat and make you feel more energetic. This way “**Gastrointestinal Intolerance**” can be minimized.

Avoid Natural Oyster Shell Calcium, Dolomite, and Bone Meal products as the Lead levels are invariably high. Although refined Inorganic Calcium Carbonate has the lowest Lead content, the body absorbs Organic Calcium more efficiently.

The absorption of Calcium depends on the Calcium becoming ionized in the intestines. Calcium ionization is a major problem with Calcium Carbonate, the most widely used Calcium supplements. In order for Calcium Carbonate to be absorbed it must first be solubilized and ionized by stomach acid.

Studies with Postmenopausal women show that about 40 percent of the women studied

are severely deficient in stomach acid. Patients with insufficient stomach acid output can only absorb about 4 percent of a Calcium Carbonate oral dose, but a person with normal stomach acid can typically absorb about 22 percent. Patients with low stomach acid secretion need a form of Calcium already in a soluble and ionized state, like Calcium Ascorbate, Calcium Orotate. Patients with reduced stomach acid absorb about 45 percent of the Calcium form Calcium Ascorbate compared to 4 percent absorption for Calcium Carbonate.

Excessive cans of cola over prolonged periods can increase risk of osteoporosis.

This difference in absorption clearly demonstrates that ionized soluble Organic Calcium is more beneficial than insoluble Inorganic Calcium salts like Calcium Carbonate in patients with reduced stomach acid secretion. Calcium is also more Bio-available from Organic Calcium Ascorbate than from Inorganic Calcium Carbonate in normal subjects. Organic Calcium Ascorbate and other soluble Organic forms (Aspartate, Orotate, etc.) are the best supplements available for optimal absorption.

In addition, Ascorbates provide Vitamin - C, which increases Collagen formation which is essential for Bone formation activity in the body.

The retention of Organic Calcium in the Body is higher than Inorganic Calcium Carbonate, which the body tends to excrete rapidly through the urine - Hypercalcuria.

Higher levels of Calcium in the Blood, should not necessarily be the guiding factor in discontinuing the oral administration of Calcium Supplements. The inherent intelligence of the body releases Calcium from the Bones to correct the acidity of the Blood, which must constantly be maintained at a slightly alkaline pH of 7.4. This action can show high levels of Calcium in the Blood (if the body pH has drifted to Acidic levels) and discontinuing

Calcium supplement can only aggravate the Osteoporosis of the Patient. The strategy would be to monitor the pH of the Saliva which is a fair indication of the pH of the Blood and to correct the same by proper administration of **AlkaBoost** and to also simultaneously step up the dose of Organic Calcium Supplementation to 1600 to 2000 mg per day for a short period till the situation is brought under control. **Osteo-Pak** is a special Organic Calcium Nutritional Drink synergistically balanced with Organic Magnesium, Zinc, Boron, to help in the reversal of Osteoporosis.

Is Your Lifestyle Putting You At Risk Of Osteoporosis

Low Nutrition sets the stage for Bone Loss

Low Mineral intake means a lack of structural support and impaired digestion. Minerals are critical for a strong skeletal system, and they are the bonding agents between you and your food. A lack of minerals means low thyroid function and poor collagen protein development, also part of Osteoporosis.

Osteoporosis is highly bound to food enzyme activity. It is at least in part, a result of poor digestion and enzyme deficiency. If you don't eat enough fresh / raw plant foods, or drink fresh vegetable / fruit juices, you probably have low enzymes and poor digestion. This is especially true for older men and women who try to correct digestion problems with a handful of antacids.

There is a clear relationship between high animal protein intake and osteoporosis. Excessive cans of cola over prolonged periods can increase risk of osteoporosis. In addition, acidity in the blood caused by overeating red meats, sodas, caffeine and alcohol causes leaching of calcium from the bones in a bid to maintain the blood to a healthy alkaline level of 7.4.

Crash Dieting and Bone Loss

For each 10% decrease in weight there is a two-fold increase in the risk of hip and other

bone fractures in women. When blood calcium levels become too low from crash dieting, your bones release calcium to keep the rest of the body running smoothly. In addition, women who diet excessively, regularly show up with Hormonal Imbalance, which is also involved in bone loss. Calcium Carbonate supplements are not enough to maintain bone mass during dieting. Worst is, all the women who crash diet to loose weight, invariably regain all the lost weight within a few months of getting off the program. Better bone density results are observed when Organic Mineral and Vitamin Supplements and Fresh Juices like Carrot + Beet or Orange are added to the diet during weight loss programs. Also women on supplement and Juices don't easily regain lost weight.

Since most women admit to being on a weight control diet most of the time, it seems maintaining a broad spectrum of low fat foods, and adding high mineral drinks from food or herbal sources to avoid bone loss while dieting is a better choice.

Depression and Bone Density

Research has shown that people with a history of severe depression have 15% less bone density in their lower spines than non-depressed people. Depression is primarily caused by Hormonal Imbalances.

Other Factors that increase Osteoporosis

Overeating Steroids, antibiotics or tobacco and too much alcohol severely reduces mineral (including calcium) absorption in the body. In addition, Alcohol destroys the Probiotics in the intestines, which aid digestion and absorption of nutrition from the food you eat.

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