

The C-files



The most abundant mineral in our body is calcium. The link between over 150 common ailments – like cramps, headaches fatigue, hyperactivity, low blood sugar, depression, poor circulation, osteoporosis, constipation and gum disease – involves incorrect mineral and trace element metabolism. Calcium supplementation is important at any age!

CALCIUM IS REQUIRED EVERYDAY

Calcium constitutes 99% of our bones. As little as 200mg of our calcium is circulated in the bloodstream at any given time. Without this critical amount, serious problems can occur. Minerals that circulate around the heart have a critical ratio of calcium to magnesium to potassium for regulating the heartbeat. Calcium and magnesium are vital to the metabolism of every living cell.

DO WE ONLY NEED CALCIUM?

The major cause of osteoporosis in South Africa is due to deficiencies of magnesium, copper and boron and not calcium. As calcium carbonate is cheap and abundant, it is a popular antacid or calcium supplement. Unfortunately, it disturbs the homeostasis of your stomach acid. Other adverse side effects of taking calcium on its own are: constipation, kidney stones, the calcification of soft tissue (especially around injuries and joints) and the danger of hypercalcemia. These conditions are prevented by including magnesium.

BEWARE OF CALCIUM ANTAGONISTS

Ideally we should absorb and assimilate all the calcium we need from a good diet and dairy products. Although the calcium in most foods adds up to an impressive total, the paradox is that some foods rob us of even more calcium. Substances like phosphates, phytates, fibre, bran, fat and sugar bond readily to calcium and render it unavailable to the body.

CANCER: ACID VERSUS ALKALINE

Cancer cells only thrive and multiply in acidic conditions where there is a lack of oxygen. At a pH of 7.4, the blood brings more oxygen to cells. The bones keep a supply of calcium available for this, but if it is not replaced, the bones begin to thin and become brittle. Calcium reserves should be developed before the age of 30.

BONES ARE ALIVE!

Most bone repair, growth and maintenance work is done when we sleep. This explains why more calcium is excreted at night. The evening meal should provide calcium, but we do not always eat according to the perfect formula. Thus, it makes sense to take a dose of calcium and magnesium regularly at bedtime. This also helps one to relax, sleep well and prevents cramps as a bonus!

WHEN DO WE NEED A CALCIUM SUPPLEMENT?

The symptoms of mineral deficiencies are so vast and varied: hyperactivity, asthma, nervous disorders, cramps, aches and pains, indigestion, cancer, heart disease, fingernails that break and split, loose teeth, gum disease, fatigue and lowered resistance to infections. Adequate mineral supplementation with a good balance of vitamins and micronutrients and a few dietary changes can help to cure and prevent most of these conditions. It's never too late or too early to take calcium supplements.

HOW DO I KNOW THAT CALCIUM IS NOT JUST A WASTE OF TIME AND MONEY?

If you have tried taking calcium before and haven't noticed any improvements, then you may not have been doing it properly. You should notice an immediate improvement in sleeping habits and bowel function. Your nerves will be steadier. Menstrual cramps ease off and premenstrual tension symptoms improve. After a while the skin improves, joint aches and pains diminish and your fingernails get harder and stronger. Loose teeth and bleeding gums firm up and become healthy. A teaspoon of Nature Fresh Calcium Complex once or twice a day is what the average person needs to replace mineral loss and build up bone tissue as well as supply calcium and magnesium and trace elements for over 300 metabolic processes that take place on a continuous basis. For more information, call Sue Visser of Nature Fresh at (021) 794 4045.