

CALCIUM AND YOUR HEALTH

- Needed for bone and skeletal development – Sugar depletes Ca⁺⁺
- Calcium is used by nerves and muscles. (Leg Cramps) BP Test
- Fevers in children...and growing pains...thyroid... cold hands/feet
- Osteoporosis and medication/osteoclasts. Causes of Osteoporosis
- Antacids decrease ability to absorb calcium. Synthroid
- How much? 1200 to 1500 mg a day? What kind was used?
- Absorbed in the intestines....good bowel function...anti-biotics?
- Vitamin D, calcium and the sun twenty minutes a day
- Bowed legs.....minerals.....parasites?
- White hair...thyroid....
- Stress.....cold sores....poison ivy...sunshine....
- What kind of calcium: we use Ca⁺⁺ Lactate/ Citrate⁺⁺ versus Tums
- 1 ounce of Sesame seeds is 280 mg Ca⁺⁺ Kale, Broccoli, Beans
- Soft drinks...and phosphoric acid depletes calcium
- Vitamin C and calcium absorption
- High fiber may interfere with calcium absorption....
- Ca⁺⁺/Phosphorus⁺⁺ is 10:4 ratio on blood serum
- Hair analysis high Calcium and low potassium...low thyroid
- Cavities suggests... too much phosphorous....grains
- Other:
- www.druglessdoctor.com Robert F. DeMaria **AVAILABLE TO SPEAK AT YOUR BUSINESS OR ORGANIZATION.** 440.323.3840