

# LiveIt!

## Nutritional Lessons



### Calcium Essentials

### LiveIt! Lifestyle Lesson 16

**Bryan Fall, DC**  
1936 E. Wheeling Ave.  
Cambridge OH 43725  
740-432-7600  
FallChiropractic.com

*“ Calcium is put to work in the body in numerous forms . . . The blood contains calcium in at least a half a dozen forms . . . From a nutritional viewpoint, probably, the differences in various forms of calcium therapy are due to differences in vitamin reserves, as vitamins A, C, D and F in particular, are known to regulate calcium balances between the blood, lymph and intracellular fluids. ”*

Royal Lee, DDS

*From the Pen of Dr. Royal Lee (1895-1967)  
Inventor, Scientist, Genius, Founder of Standard Process, Inc.*

### Calcium Essentials - It's More Than Bones!

Think calcium and most people think bone health. Growing bones, thinning bones, the risk of breaking bones. More calcium would make bones healthy, right? Perhaps – but our body is quite complex and the right calcium and the right synergists for that calcium are the real answers to calcium health! Let's learn why.



### Calcium is Involved in Over 200 Metabolic Reactions in the Body!

Although over 99% of the calcium in the body is in the bones and teeth, the 1% of calcium that is dissolved in the blood and other tissues is critical to over 200 metabolic reactions in the body! More than 200 known HealthBuilding interactions of calcium make proper calcium intake and metabolism a Nutritional Essential. Here are just a few important actions:

- Calcium, in balance with other minerals, regulates nerve conduction and a healthy heartbeat.
- Calcium activates the immune system's white blood cells to carry away undesirable microbes and support whole body health.
- Calcium deficiency leads to muscle spasms. Spasms in the legs or menstrual cramps are uncomfortable, but in the heart – spasms could bring on a deadly heart attack.
- Calcium initiates blood clotting by activating platelets and clotting factors.
- Calcium supports ligaments, tendons, connective tissue and skin.
- Calcium strengthens our skin, protecting us from the outside world.

### Calcium Synergists

A synergist is something that in-

creases the effect of something else: something that works in combination with something else to increase its effect. Whole food is a synergy of elements that work in combination with each other to enhance their mutual HealthBuilding qualities.

The whole IS greater than the sum of the parts. Calcium has many vitamin and mineral synergists.

Vitamin D improves absorption of calcium from food and promotes deposits of calcium in the bones.

Healthy fats carry calcium and its fat soluble vitamin co-factors in the blood and fatty acids control the movement of calcium through cell membranes.

Parathyroid hormone moves calcium into the blood; calcitonin, a hormone from the thyroid gland, moves calcium into the bones.

The stress of weight-bearing exercises stimulates strengthening of the bones, sedentary lifestyles (and weightlessness in space!) contribute to thinning of bones.

Adequate protein is needed to carry the calcium in the blood and through cell membranes. Calcification of bones is dependant upon a strong connective tissue matrix upon which the calcium is deposited, along with numerous other minerals.

Most all vitamins have some role to play in the regulation of calcium, especially Vitamin D, Vitamin F, Vitamin A, Vitamin C, Vitamin E and Vitamin K.

### Bone Bank

As you can see, there are many requirements for proper calcium health. Calcium is so important that your body uses your bones as a “bank” to insure that enough calcium is always available to support these vital health functions. Some people think that all one needs for calcium health is to eat enough calcium from any source, but the truth is, organically bound sources of calcium (See LiveIt! Lesson 15) are the way to efficiently build calcium health. Calcium needs to be “bound” or naturally integrated with the synergists which enable the assimilation, absorption and proper use of calcium WITHOUT taking nutrients from other sources in the body bank to assimilate the calcium. Only when the body has more than enough calcium to accomplish its many HealthBuilding tasks is calcium then deposited into the “bone bank” for later needs.

### Osteoporosis

Too many “withdrawals” from your “bank” without sufficient deposits leads to osteoporosis. Thinning bones are a critical indicator of the need for Calcium Essentials.

**Let's find out what you can do!**

## Some Sources of Calcium Cause Deficiency

### Naturally Found Sources of Calcium

Many foods are rich in organically bound calcium:  
(Milligrams calcium per 100 grams of source)

Sesame Seeds	1160	Kelp	1093
Yogurt	389	Sardines	382
Collard Greens	250	Turnip Greens	246
Almonds	234	Brewer's Yeast	210
Parsley	203	Salmon	180
Watercress	151	Goat Milk	129
Dried Figs	126	Broccoli	103
Romaine Lettuce	68	Soybeans	73
Carrots	37	Lentils	25
Black Beans	40	Beet Greens	119

### Spring Water

One of the easiest forms of calcium to absorb is present in spring and well water – calcium bicarbonate. Unfortunately, this naturally-occurring, healthful calcium becomes denatured when water is boiled or purified. This denaturing causes the calcium bicarbonate to become inorganic calcium “rocks” (such as the “scale” that deposits in our tea kettles), thus becoming less healthful.

### Calcium Supplementation

As you can see, calcium in the right form IS a Nutritional Essential. Too often the calcium supplements are a “rock” form of calcium that cannot easily be absorbed, such as the calcium carbonate found in antacid tablets, coral, shells and tea kettles. This calcium requires your body to invest its precious nutritional reserves trying to absorb a bit of calcium, then more resources to convert the calcium into a form the body can use. This depletes your body's nutritional reserves!

### What to do:

Make sure you have good digestive functions so you can absorb minerals from the whole foods you eat. (See LiveIt! Lesson 3) Once your digestion is properly functioning eat:

- **Protein** to help your body absorb calcium and build a structure to support it.
- **Vegetables and fruit** for minerals, vitamins and pH balance.
- **Fats** to help absorb and assimilate vitamins and minerals – calcium and its cofactors. (See LiveIt! Lesson 4)

**Exercise & Sunshine** – Get out and exercise 30 minutes three times a week. The exercise will enhance your bone health and the Vitamin D from sunlight on your skin is critical for bone health.

**Supplement your food and exercise lifestyle with whole food calcium and calcium synergists.**

**Calcium Lactate** – Since 1947 this vegetarian source of calcium contains the proper balance of calcium and magnesium (5:1 ratio).

**Calcifood** – Unique whole food product builds and supports bone health.

**CalMa Plus** – This product is unique in all the world in that it combines

the benefits of whole food calcium and magnesium AND includes parathyroid support. The parathyroid regulates calcium metabolism.

**Calsol** – This calcium, magnesium, phosphorus-laden whole food supplement is particularly suited for soft tissue calcium needs.

**Cal-Amo** – This product contains acidifying compounds helpful for supporting proper acid / alkaline balance. Particularly suited for respiratory and connective tissues, skeletal structures and the immune system.†

**Ask me what would be best for you!**

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

### Patients Speak

*“I get up and my joints ache and my muscles are sore and sometimes I get cramps in my legs. I thought I was getting old – as I am 72 – but I started taking Cal Ma Plus and my stiffness and soreness is gone.” AW*

*“Cramps during my period would sometimes disable me – until I got the “right” calcium – thanks.” DM*

## What Did You Learn?

**Calcium is Involved in Over 200 Metabolic Reactions in the Body!** True False

Calcium activates the immune system's white blood cells to carry away undesirable microbes and support whole body health. True False

Healthy fats carry calcium and its fat soluble vitamin co-factors in the blood and fatty acids control the movement of calcium through cell membranes. True False

“Rock” forms of calcium such as the calcium carbonate found in antacid tablets, coral, shells and tea kettles cannot easily be absorbed and lead to nutritional deficiency disorders. True False

**This LiveIt! Lifestyle Lesson is brought to you by:**

**Bryan Fall, DC**  
1936 E.Wheeling Ave.  
Cambridge OH 43725  
740-432-7600  
FallChiropractic.com

**Share this Information  
with a friend - Thank You!**