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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Build Health: Cut Through The Calcium Hype**

**By William R. Quesnell**

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The initial success of penicillin generated an assumption which has stuck with us as a cultural belief in the Quick Technological Fix. That assumption is:

A single variable can be divided out from all other variables, tested for its result, and it will prevent or promote disease.

Most people have come to believe nutrition is divisible, and that a single substance will maintain vibrant health. The touting of calcium for the degenerative disease osteoporosis provides an excellent example.

Every day the media, acting as proxy for the milk lobby, sells calcium as a magic bullet. Has it worked? Definitely for sales of milk; but for American health it has been a disaster.

Brainwashed by magic bullet thinking, so-called "experts" tell us to take more and more calcium. But calcium is antagonistic to magnesium. And the American diet is woefully short in magnesium.

When you load up your system with excess calcium, you shut down magnesium's ability to activate thyrocalcitonin, a hormone that under normal circumstances would send calcium to your bones.

Next, your excess calcium proceeds to wander around creating all sorts of mischief in blood vessels, joints, kidneys and eyes.

Why is it that supposedly nutritionally disadvantaged countries, with low calcium intake but enough magnesium in their soils, exhibit little if any evidence of osteoporosis?

Because the people in these countries do not consume large amounts of calcium that antagonize or work against magnesium, or zinc, and a plethora of other minerals required by our metabolic enzyme

systems.

"Experts" do not tell us that in living systems minerals work interdependently as a team.

In 1993 medical researchers claimed that calcium was a magic bullet that could help prevent osteoporosis. They told us dairy products, such as milk, provide one of the best sources of calcium.

Every day the media gives us a dose of that finding.

In 1997, however, medical researchers claimed there was no evidence consuming dairy products prevents osteoporosis. How so?

They decided dairy products are high in sulfur amino acids that lead to calcium depletion.

Has the media told you this? No.

And they are not going to tell you anything about this because the milk lobby advertising budget helps finance media payrolls.

Think about what awaits all those poor folks who have been fooled by the myth that taking lots of calcium will save their bones.

Bill Quesnell, author of "Minerals: The Essential Link to Health," is a health educator and Price-Pottenger Nutrition Foundation member. He helps people recover energy and vitality. Subscribe to FREE monthly ezine, 'Where Health Comes From' at

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### **Can calcium aid in boosting you health?**

**By Mike Yeager**

A popular mineral today, coral calcium, is mainly calcium, but is also abundant in many trace sea minerals. Some people consider coral calcium to be nature's purest calcium supplement. Harvested from sea marine coral in Okinawa, Japan, coral calcium has been consumed by Okinawan's for many, many years.

As with many mineral products, coral calcium is not without its ardent admirers, who make all kinds of fantastic claims regarding the benefits of taking coral calcium. Keep in mind that calcium is a mineral that our bodies need for muscle movement and to keep the heart and bones healthy. While coral calcium is a good source for mineral calcium, it should not be considered as a panacea for all illnesses.

## Build Health: Cut Through The Calcium Hype

As with all new diet and exercise plans, it's always best to consult with your physician regarding a new regime of coral calcium mineral supplement intake.

There are many coral calcium products to choose from as you focus on your physical and health goals. Choose from only the best providers of coral calcium products that offer great prices. That way you'll be guaranteed quality and they can even be shipped right to your door.

Mike Yeager  
Publisher

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