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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!

The Truth About Coral Calcium

By George McClelland

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THE TRUTH ABOUT CORAL CALCIUM

"She just moved her leg and the bone broke." "Be careful because your bones are very brittle." These statements are as common as corn flakes. The lament of many people, especially women is, "I've taken calcium supplements all my life, why do I have arthritis and brittle bones?" The reasons are:

Ø The kind of calcium

Ø Inadequate associated cofactors .

Is Coral Calcium better for you than other calcium supplements you find on store shelves? The answer is a qualified "yes." These calcium compounds are difficult for the body to use for optimum health. There are numerous problems.

Coral Calcium, Sea shells, chalk and most calcium compounds in the nutritional section of stores are Calcium Carbonate . Grind some chalk into fine powder and mix it with your food. Does it sound appetizing or healthy? No! Yet most of the calcium used in prepared foods and calcium supplements is Calcium Carbonate. Some problems with Calcium Carbonate are:

Ø It does not easily dissolve in water or body oils.

Ø A large amount of digestive acid must be present to change it to a usable form of calcium.

Ø The body must expend great energy in order to convert it into a viable nutritional substance.

Ø With all the associated factors present, the best absorption value you can expect from Calcium Carbonate is 40%.

Ø Calcium Carbonate is in many of the foods you eat daily, but where is its nutritive value?

The Truth About Coral Calcium

Some people obtain benefit from Coral Calcium because they are desperate for calcium and enough cofactors are present in the coral for the body to convert up to about 40% of the calcium carbonate into bio available calcium. The bio–available calcium is dispersed wherever it is needed most. The bones may receive little or none of this calcium because the brain does not consider them as important as other body functions.

Calcium Citrate is the most bio–available form found in America. The body can absorb it with less expended energy. Although it is the best source of calcium, there is still an absorption problem if the necessary associated factors are not present. Those factors are:

Ø Boron

Ø Copper

Ø Magnesium

Ø Manganese

Ø Zinc

Ø Potassium

Ø Phosphorus

Ø Vitamin D3

Without these essential cofactors present, you could consume an excess amount of calcium and still develop serious bone loss.

How important is proper calcium in your diet? Every cell in your body needs calcium. When there is inadequate calcium with its cofactors present, the brain directs the body to steal calcium from bones in order to use it in places such as organs which are considered more important. If you want glowing health, you must give your body proper calcium combined with it's cofactors every day.

Merely having this information is not enough. You must act on it if you want adequate calcium for proper health. But where will you find Calcium Citrate with all its cofactors? Outside of quality nutritional M–L–M companies, your sources are very limited. Many M~L~M companies claim their nutrients are superior, but you have to be careful, not only concerning calcium, but other nutrients as well. Read and research the ingredients! An excellent source of Calcium Citrate combined with its cofactors can be referenced by contacting the author of this article

Check the labels on your calcium supplement and on products containing calcium. You will be surprised how much Calcium Carbonate you eat daily. Excess, unbalanced, and hard to use calcium, if not excreted, could cause health problems.

The Truth About Coral Calcium

Many bone, joint and other health problems people experience could be solved by meeting this requirement for good health. Research has shown that damage caused by inadequate or inappropriate nutrition can sometimes be reversed. Protect yourself by using Calcium Citrate with its cofactors every day. Your body will thank you.

George McClelland
gjmc@lakewebs.net
918-473-3512 or 918-843-4894
www.bookonhealth.com

I retired after 40 years of pastoral ministry. Because my health failed at age 58, I learned a massive amount about nutrition and health. My health returned and I became the author of "What Your Doctor Doesn't Know Might Kill You" You can avoid many of the pains, aches, failing eyesight and other

ailments of growing older. My philosophy is 'Let's enjoy living a healthy, pain free life until we die. Learn more at www.bookonhealth.com

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.

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

Can calcium aid in boosting you health?
Why We Do Not Sell Coral Calcium

Coral Calcium - Your Source For This Necessary Mineral?
Marine Coral Calcium– Alternative Calcium Supplement
Coral Calcium Greatest Advantage

The Truth About Diabetes

Tattoo Secrets

How to Gain and Retain More Customers

62 Ways To Beat The Gas Pump Monster

Speaking in Tongues – explained!!



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