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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!

Using Calcium and Magnesium for Constipation

By Rudy Silva

Calcium helps reduce constipation

Using calcium and magnesium in the right quantities can prevent or relieve constipation. They can support the health of your colon and keep you regular.

In your colon, calcium combines with excess bile and decaying fat to form a harmless insoluble soap, which is excreted with your stool. This helps to keep your colon clean.

Most Nutritionists recommend you take 1000 – 1500mg daily of Calcium. Because Calcium can cause constipation, it is necessary to take 500 – 1000 mg of magnesium at the same time you take Calcium.

You should space out your intake of calcium over Take only 400 to 600 mg each time. Also take some time-out when taking calcium and other vitamin supplements. In a month, take 2–3 Sundays or Saturdays of from taking vitamins.

Avoid taking calcium carbonate, which will reduce the times you will have a bowel movement. Avoid, also, taking calcium when eating foods that contain oxalates phosphates, or phytates. They tie up calcium and are excreted with the fecal matter

If you are taking a thyroid hormone, beta-blockers, calcium-channel blockers, or antibiotics, calcium supplements can interfere with adsorption of these drugs.

It is best to take calcium around 2 hours before or after taking these and other drugs.

Avoid taking calcium citrate with aluminum-containing antacids. This combination has been seen to increase your body's absorption of aluminum. Aluminum has been associated with senility and Alzheimer's

Calcium is safe for pregnant women and they should take an adequate amount of calcium.

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The best calcium to take is calcium gluconate, orotate or aspartate. The gluconate type is similar to the calcium you get from milk and some vegetables. It is a gentle calcium and is easily absorbed by children and adults with weak digestion.

The foods to eat for good calcium are:

Goat milk, egg yolk, fish, lemons, rhubarb, cheese, skimmed milk, bone broth, seeds, dulse, kelp, greens, nuts, cauliflower, celery, cottage cheese, gelatin preparations, barns,

Magnesium helps reduce constipation

Magnesium, a gentle laxative, helps to prevent constipation by relaxing your colon walls when you are under stress, have anxiety, or have too many worries. It normalizes tension on colon walls allowing for a normal peristaltic action.

Because magnesium attracts water, you can bring in more water into your colon by taking magnesium supplements or by eating foods, which are high in magnesium. Water in your colon makes your stools softer and allows your colon to absorb water from your fecal matter if your body needs it.

How do you know if you are short on magnesium? You will get cramps in your calves at night or so called "Charlie horses." Or, you will feel sore after some mild exercise or activity. . Take 400 mg in the morning and 400 mg in the evening of Magnesium gluconate, or citrate.

Jesse Lynn Hanley, M.D., in his book call, Tired of Being Tired, 2002, gives another way to take Magnesium to relieve your constipation,

"Take at bedtime. Begin with 200 milligrams magnesium oxide or magnesium citrate—you may increase the dosage in 200–milligram increments until your bowels move regularly. The dose for magnesium is individual, so begin low and increase the dosage as needed. Reduce the dosage if you experience loose bowels. Unlike irritating laxatives, magnesium does not create laxative dependency."

If taking hypoglycemic drugs, magnesium may increase absorption of these drugs. It is recommended you consult with your doctor on the effects of magnesium with the type of hypoglycemic drug you are taking.

If taking magnesium, do not take it within 2 hours of taking any kind of drug.

If you have severe kidney or heart disease, you need to avoid magnesium and consult with your doctor on its use.

Magnesium is considered safe for pregnant women.

Foods High in Magnesium

Chlorophyll is high in magnesium and chlorophyll comes in capsules. These are some of the foods that

are high in magnesium.

Greens, berries, wheat germ, grains, nuts, cornmeal, apples, apricots, oats, pears, pecans, spinach, tofu, lentils, honey, fish, cabbage, avocados, cashews, peas, prunes, soy milk, chard

You can see that calcium and magnesium is not just for bone building and acid neutralization, but it is also good for constipation prevention and relief.

Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid e-books. He writes a newsletter called natural-remedies-thatwork.com and his information on other topics can be seen at

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Build Health: Cut Through The Calcium Hype

By William R. Quesnell

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.

Using Calcium and Magnesium for Constipation

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.

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Build Health: Cut Through The Calcium Hype
Marine Coral Calcium– Alternative Calcium Supplement
Calcium Supplement
Leg Cramps
Can calcium aid in boosting you health?



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