

SOUND NUTRITION & CALCIUM

In the British environment it is acknowledged that there are two main dietary deficiencies - Vitamin C and Calcium.

There is generally sufficient calcium in the diet but particular groups of people have difficulty in converting and absorbing it into body cells, whereas Vitamin C is just not present in the diet in adequate amounts. Supplementing with Vitamin C will quickly correct any deficiency, strengthening body cells and the immune system and give greater protection from infectious diseases and free radicals, but

CALCIUM IS SERIOUSLY DIFFERENT

*In a similar way to trees - which exude oxygen at night and absorb oxygen in the day -
the body absorbs and stores calcium at night and burns it during the day.*

If insufficient calcium is absorbed in the night to provide for daytime needs, the blood reabsorbs the calcium that it needs for daytime activity from body organs and redistributes it in the body to provide for the shortfall.

As calcium is reabsorbed from muscles and joints pain is experienced in the most effected areas.

BURNED IN **EVERY** BODY FUNCTION

Calcium is the next largest component in the body to water, and is used in every single body function - the nervous system, the Brain, Heart and other organs; the digestion of food and the assimilation of nutrients; the operation of muscles and ligaments; the creation of bone and ligament tissue, to say nothing of hair and nails - in fact

**every time you blink your eye or breath in -
YOU BURN CALCIUM.**

**every time you eat a meal or move a leg -
YOU BURN MORE CALCIUM.**

**As your activity or stress increases
the more calcium you burn.**

After all of this, and using such calcium reserves as remain, worn and damaged body tissues are repaired, including bones, muscles and ligaments - brain, heart and essential organs - the digestive system and the bowel.

BODY CALCIUM IS ESSENTIAL TO GOOD HEALTH

It can be seen, therefore, that if calcium becomes deficient in the body nearly every function is at risk, calcium being the major fuel and building material that enables everything else to happen.

Lack of calcium leads to poorer digestion and consequential weakening of bone and muscle tissue, specially in the spine.

The symptoms show in a multitude of dilemma that may lead to calcium loss from skeletal and muscle tissue, the first indications of which are back pain, muscle cramp and stiff joints, often accompanied by bowel and digestive disorders.

OPTIMUM ABSORPTION ESSENTIAL

Optimum calcium absorption needs the combination of excellent diet and digestion with regular exercise and adequate exposure to natural sunlight. But calcium deficiency can occur even when there is plenty in the food supply, because, in the absence of other essential trace elements, it may not be adequately absorbed. And it can be seriously impeded by smoking and alcohol and the lack of fibre in the diet.

In 'double blind trials' carried out (in the 60's to 80's and published in the USA) as the result of research by Professor James Scala Ph.D and a team of eminent scientific advisers, Jim showed that by the use of properly designed food supplements it was possible to significantly improve the function and absorption of calcium in the body, and consequently considerably improve bone density in adults of all ages.

HELP AND ADVICE

Further advice is available by referring to any of the publications on this web site, or from my booklet '*Everyone's Guide to Healthy Eating*' which is not presently on the web site but can be obtained by calling 01691 780094.

Professor Jim Scala was Vice President of the Shaklee Corporation and more recently Consultant Nutritionist to Nature's Sunshine products, and was responsible for the design of their 'SynerPro' range of products including 'Calcium & Magnesium'. In 1985 he published a six part lesson in human nutrition - 'The Nature of Nutrition' - which is presently being remastered as a set of DVDs and will be released in the near future.