

BUILD BETTER BONES

USING A
LIQUID CALCIUM MINERAL BLEND

Statistics show that at some point in your life you will have a pain-related bone or joint injury or illness. However, drinking a liquid calcium mineral blend now can help prevent acute and chronic problems later. There are 36 million people in the United States that cannot perform everyday tasks like going up the stairs or opening a jar of jelly without pain. More than 500,000 children will be injured this year on U.S. playgrounds. And more than 40 percent of all women over the age of 50 will experience bone fractures related to osteoporosis.

Take action now by incorporating an easily absorbable liquid calcium mineral blend into your diet. In this book, you will learn about the multi-faceted benefits of calcium, how to ensure that this essential mineral gets absorbed into the body, and which minerals you need to take with calcium. Also, learn the difference between pill and liquid supplements, as well as the reason it is nearly impossible to get the calcium your body needs from food. By reading this book, you will do your bones, brains, and body a favor.

"I had been taking about 40 different pills a day. Now I drink a liquid calcium mineral blend supplement, and it has helped me a great deal with my knees. I am an athlete and I have injured myself quite a bit. The liquid calcium mineral supplement I drink has made a huge difference in my knee pain, and it is a joy to take it compared to swallowing pills."

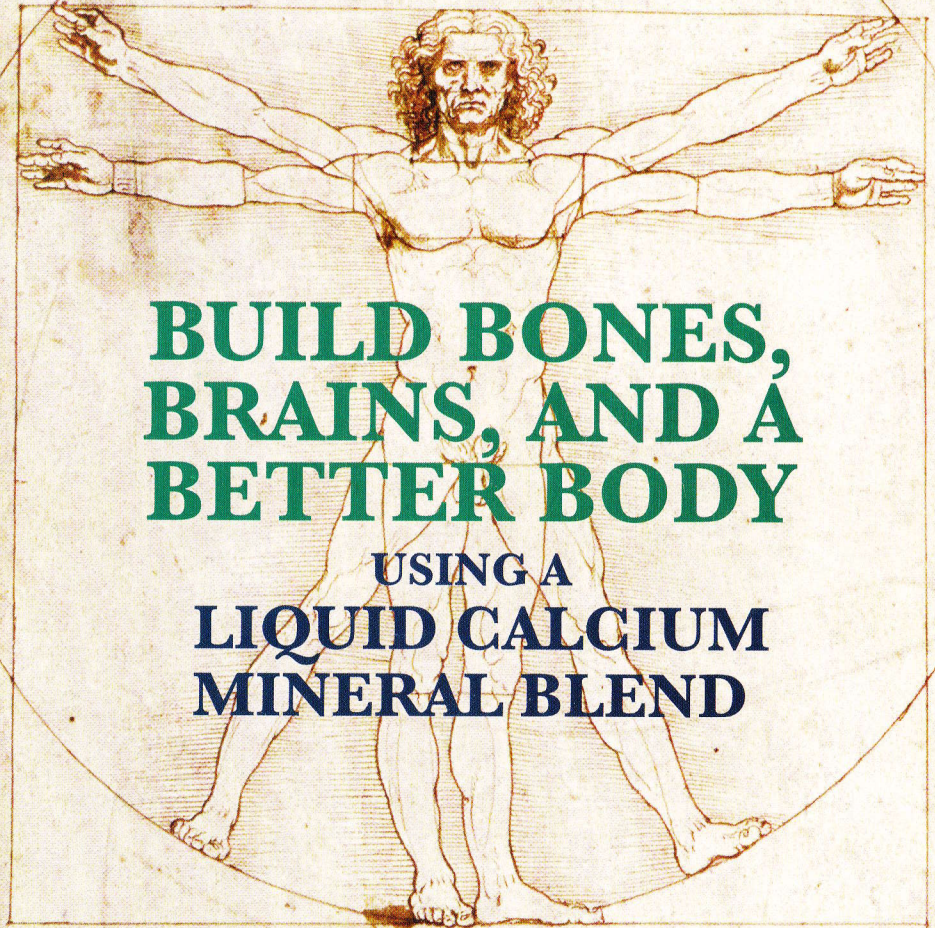
-Dr. Keneen McNiven



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OUT OF PRINT

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WHAT MEDICAL PROFESSIONALS SAY ABOUT A LIQUID CALCIUM MINERAL BLEND WITH GLUCOSAMINE

“CALCIUM HAS BEEN SHOWN TO REDUCE HIGH BLOOD PRESSURE; IT HELPS WITH WEIGHT LOSS AND PMS AMONG OTHER BENEFITS. THE CRITICAL THING IS TO GET THE CALCIUM INSIDE THE CELLS. MAKE SURE YOU GET A QUALITY LIQUID CALCIUM SUPPLEMENT BLENDED WITH SUPPORTING MINERALS AND NUTRIENTS. MAKE SURE WHEN YOU CHOOSE A SUPPLEMENT THAT IT IS A COMPLETE BONE AND JOINT SUPPLEMENT. PEOPLE NEED TO INCREASE THEIR VITAMIN D INTAKE. IT IS CRITICAL THAT YOU USE VITAMIN D3. ALSO, IT IS IMPORTANT TO AVOID MAGNESIUM DEFICIENCY. THERE ARE MANY LINKS THAT SHOW MAGNESIUM DEFICIENCY CAN LEAD TO DIABETES. IT IS IMPORTANT TO TAKE A SUPPLEMENT WITH THE RDA OF MAGNESIUM. MINERALS SUCH AS BORON WILL ALSO HELP STRENGTHEN THE BONES. YOU ALSO NEED GLUCOSAMINE AND CHONDROITIN IN LIQUID FORM. IF THERE IS AN ACID ATTACHED TO A CALCIUM LIQUID SUPPLEMENT IT MEANS YOU CAN TAKE IT ANY TIME OF THE DAY AND STILL BENEFIT FROM IT.”

—DR. TONY TIRRI

“I AM A MEDICAL DOCTOR AND I HAVE PRACTICED FOR 20 YEARS. I HAVE BEEN TAKING A LIQUID CALCIUM MINERAL BLEND. I HAD SURGERY IN MY LEFT KNEE ABOUT FOUR OR FIVE YEARS AGO, AND IT HAD BEEN SORE EVER SINCE. HOWEVER, THE SECOND DAY ON THE LIQUID CALCIUM SUPPLEMENT, MY KNEE PAIN WAS GONE. I AM A FIRM BELIEVER IN LIQUID CALCIUM SUPPLEMENTATION. MOST PEOPLE WHO SWALLOW CALCIUM PILLS ONLY ABSORB ABOUT 10 PERCENT INTO THEIR BLOOD, AND 90 PERCENT IS PASSED WITH BOWEL MOVEMENTS. THE

LIQUID CALCIUM SUPPLEMENT I DRINK ALSO INCLUDES GLUCOSAMINE AND CHONDROITIN. IT IS HIGHLY BIO-AVAILABLE, WHICH MEANS IT IS BIOLOGICALLY ACTIVE AND ABSORBABLE. IT WILL NOT ONLY TRAVEL FROM YOUR STOMACH TO YOUR BLOOD, BUT ALSO FROM YOUR BLOOD TO YOUR BONES AND JOINTS. I AM VERY EXCITED ABOUT THIS LIQUID CALCIUM MINERAL BLEND.”

—DR. JIM BISCHOFF, MD

“I HAD BEEN TAKING ABOUT 40 DIFFERENT PILLS A DAY. NOW I DRINK A LIQUID CALCIUM MINERAL BLEND SUPPLEMENT, AND IT HAS HELPED ME A GREAT DEAL WITH MY KNEES. I AM AN ATHLETE AND I HAVE INJURED MYSELF UP QUITE A BIT. THIS SUPPLEMENT MADE A HUGE DIFFERENCE IN MY KNEE HEALTH, KNEE PAIN, AND KNEE DISCOMFORT. IT IS A JOY TO TAKE IT COMPARED TO SWALLOWING PILLS.”

—DR. KENEEN MCNIVEN

After years of construction work, Doug was in terrible shape. He was only in his mid 30s, but he already had several herniated disks in his back, degenerative disk disease, and arthritis. He felt miserable. Then he was introduced to a liquid calcium mineral blend supplement. He started drinking it twice a day and found it a nice change from the fistful of pills he usually took several times a day. The liquid supplement helped him considerably. The greatest benefit was that the daily pain Doug had been living with was gone.

Pain, associated with movement, is one of the most common complaints a doctor hears day in and day out from clients. Pain is associated with conditions that include arthritis, bursitis, tendonitis, Paget’s disease, lupus, musculoskeletal problems, connective soft tissue disorders, and osteoporosis, just to name a few.

Like Doug, many people suffer with pain from bone and joint diseases for years with no relief. Many turn to over-the-counter remedies in hopes to dull the pain that has become part of their every day lives. These over-the-counter remedies are rarely effective for a long time, and they can cause negative side effects to the stomach and liver.

There is a natural, safer form of relief and prevention.

A California-based company has created an innovative liquid calcium mineral blend supplement that is a unique combination of minerals in high enough amounts, and in the appropriate ratios, to be quickly absorbed and delivered directly to the weakest parts of the body. It also contains essential compounds for bone health such as glucosamine and chondroitin.

TO ACHE OR NOT TO ACHE, THAT IS THE QUESTION

Whether you are currently in pain or not, doesn’t mean you don’t need to worry about the health of your bones and joints. Statistics show that at some point in your life you will have pain-related bone and joint injury. Drinking liquid calcium now can help prevent acute and chronic problems in the future.

Due to arthritis, there are 36 million people in the United States that cannot perform everyday tasks like going up the stairs or opening a jar of jelly without experiencing pain. More than 500,000 children will be injured this year on U.S. playgrounds. And did you know that more than 40 percent of all women over

the age of 50 will experience one or more bone fractures related to osteoporosis? The bone-joint problem is so wide-spread that the World Health Organization has declared the decade of 2000 to 2010 the “Bone and Joint Decade,” during which time WHO is trying to disseminate information about how to keep your bones and joints health.

Some of that information includes the fact that nearly everyone can benefit from taking calcium, including people with current arthritis or bone and joint pain and people concerned about osteoporosis and future bone injury.

Calcium is not only beneficial to the bones and joints of the body, but it helps out in other areas as well, such as the brain, nervous system, colon, heart, blood vessels, and other organs as well. In fact, there are more than 300,000 articles in medical journals that cover calcium, its benefits, and its uses in the body. Four thousand

RISK FACTORS FOR OSTEOPOROSIS

- Low Calcium And Vitamin D Intake
- Female, Thin And/or Small Framed
- Advanced Age
- Family History Of Osteoporosis
- Post Menopausal
- History Of Anorexia Nervosa Or Bulimia
- Regular Use Of Low-calorie Diets
- Absence Of Menstrual Periods
- Inactive Lifestyle
- Cigarette Smoking
- Excessive Alcohol Use
- Low Testosterone In Men

of those articles were published since 2000. In fact, one article describes calcium as the “the atom triggering life and cellular function.”¹ That is quite a job for just one mineral. To cover all of the ways calcium benefits the body would take several volumes. Instead, let’s just briefly cover some of the newest information.

In recent years, scientists have discovered what they call calcium-sensing receptors (or CaRs) located in various parts of the brain such as the cortex, cerebellum, and hippocampus. These receptors (or receivers) accept calcium from the blood. The presence of these receptors in the brain points to the need of maintaining mineral homeostasis in the blood in order for proper brain function.²

Another recent medical journal reported calcium having roles in maintaining the proper function of hormones, proteinkinases, and production of nitric oxide within the central nervous system.³

WHY YOU CAN’T EAT ENOUGH CALCIUM

The American Medical Associations and other health-based organizations highly recommend people be more aware of their calcium intake. There are some groups of individuals who should, in particular, increase their calcium. For example, menstruating woman with heavy bleeding, athletes, vegetarians, children who are growing, peri-menopausal and post-menopausal woman should all supplement with calcium. In addition, in the Doctors’ Vitamin and Mineral Encyclopedia, Dr. Sheldon Saul Hendler, M.D., Ph.D., says the following groups of people in particular should also take a mineral supplement: .

- 1) people on weight-loss diets with a low calorie emphasis
- 2) pregnant women
- 3) the elderly
- 4) people on a variety of different medications—including diuretics that draw key minerals out of the body
- 5) Those living where soil is deficient in minerals

When you take a close look at all of these groups, they include just about all of us. In fact, poor soil conditions include just about everyone living in the United States and many other countries. Food grown in modern-soil is mineral deficient because the soil is mineral deficient. When plants grow, they take the nutrients they need from the soil in which they are growing. If the soil is depleted, then the plant is deficient.

Almost 70 years ago during the second session of the 74th U.S. Congress in 1936, it was reported that, “The alarming fact is that foods (fruits, vegetables and grains), now being raised on millions of acres of land that no longer contain enough of certain minerals, are starving us—no matter how much of them we eat.” Imagine what condition our soils must be in now!

Modern cultivation and fertilization methods are largely to blame for the soil’s current condition. Farmers pick fruits and vegetables before they are ripe, which means the nutrients inside they produce are not yet fully formed. Our produce is grown in pollution, which also destroys the nutrients within it, and we use synthetic chemicals to fertilize and preserve produce.

As a result, it is getting more and more difficult to get the minerals we need from food—especially calcium. Research shows that

most people don’t get even half of the recommended daily allowance of calcium. USDA surveys show the average calcium intake by women 20 to 29 years of age was approximately 778 milligrams per day. The intake by women 30 to 50 years of age was even less at approximately 719 milligrams per day.

Even if our soils weren’t depleted of minerals, it would still be difficult to get the recommended amount of calcium from diet alone. In fact, many of the foods that are touted by manufacturers to contain calcium are not so healthy in other ways.

NATIONAL ACADEMY OF SCIENCES INSTITUTE OF MEDICINE, AUGUST 1997

0-6 months	210 milligrams/day
6-12 months	270 milligrams/day
1-3 years	500 milligrams/day
4-8 years	800 milligrams/day
9-18 years	1,300 milligrams/day
Adults 19-50 years	1,000 milligrams/day
Adults 51+ years	1,200 milligrams/day

Take for instance cheese, ice cream, milk, pizza, and nuts. These are all considered “calcium-rich” foods. But all of these foods also contain higher than average amounts of fat and calories. By eating them we may increase our risk for heart disease and/or obesity.

In addition, many of these foods are dairy-based, which means they exclude all those who are lactose-intolerant. In addition, some scientists have shown evidence that dairy products may promote breast cancer in women and prostate cancer in men

because of the milk's insulin-like growth factor one (IGF-1) and the genetically engineered growth hormone now present in dairy products.⁴

Some vegetables do contain calcium, but to get your recommended daily allowance of calcium from these sources may also be difficult. For example, to get 1300 milligrams of calcium you would have to eat 15 cups of broccoli or 7 cups of soybeans each day.

"THIS LIQUID CALCIUM SUPPLEMENT GAVE ME BACK THE MOBILITY IN MY KNEES."

—VERN LAMBOURNE

"WHEN I WAS 50 YEARS OLD I HAD TO GIVE UP SKIING AND CYCLING DUE TO ARTHRITIS IN MY KNEES. EVEN GOING UP AND DOWN STAIRS CAUSED A LOT OF DISCOMFORT. I TRIED EVERYTHING BUT ONLY EXPERIENCED MINIMAL RELIEF. THEN I STARTED TAKING A LIQUID CALCIUM MINERAL BLEND AT THE AGE OF 56. AFTER THREE MONTHS ON THIS PRODUCT I AM NOW BACK SNOW SKIING AND RIDING MY BIKE."

SUPPLEMENT TO AVOID A CALCIUM DEFICIENCY

The most efficient and easiest way to insure getting the right amount of calcium your body needs is to use a supplement. According to the Journal of the American Medical Association, even the most conservative of doctors now recommend a daily vitamin/mineral supplement.⁵

It is important to consume the required daily amount of calcium to maintain an adequate supply of calcium in your body for blood and bone calcium levels. Getting the correct daily allowance of calcium protects the storage of calcium in your bones. Otherwise calcium will be taken from the bone and put into the blood to maintain the correct calcium levels in the body. If the body uses this supply on a continual basis, the bones in the body will become weak and break easily. This condition can lead to the bone disease osteoporosis. Approximately 25 million women in America have some degree of osteoporosis. Five million men in America suffer from osteoporosis.

Specifically, osteoporosis occurs when calcium levels in the blood (called serum calcium) is low. When serum calcium drops below the optimal level, the body looks first to the digestive system for more calcium. If there is none available, the parathyroid gland releases the parathyroid hormone or PTH. PTH signals the body to take calcium from the skeleton. At this point, the delicately controlled balance of serum calcium is upset resulting in problems. Because calcium may play a part in easing PMS, fighting colon cancer, and controlling blood pressure, among other health incentives, it is important when you supplement with calcium you do it with one that will be quickly absorbed into the body.

"THE TESTS CAME BACK NORMAL"

—BARBARA SMITH

"I HAD A BONE DENSITY TEST DONE TWO YEARS AGO. THEY SAID I HAD SIGNS OF OSTEOPOROSIS. I GOT WORRIED BECAUSE MY MOTHER HAD OSTEOPOROSIS AND COULD NOT WALK OR SIT. I FAITHFULLY TOOK A LIQUID CALCIUM MINERAL BLEND SUPPLEMENT. I HAD ANOTHER BONE TEST IN APRIL OF 2004. THE TESTS CAME BACK NORMAL. HOW HAPPY CAN YOU GET?"

TOO MUCH CALCIUM?

Some worry about getting too much calcium. They feel calcium may begin to deposit itself in unwanted areas, possibly resulting in things like kidney stones. Multiple studies actually show that the more dietary calcium available in the body, the less likely a person is to develop “calcium deposits.” It is much like the condition of water retention. The more water you drink the less water the body retains.

In addition to dietary calcium, studies are also showing that adults in mid life do NOT increase their risk for kidney stone formation by supplementing with calcium. One massive study released in 2004 looked at more than 96,000 thousand nurses between the ages of 26 and 44 years old during an eight-year period. The nurses with highest dietary calcium in their diet were 27 percent less likely to develop kidney stones. In addition, the study concluded that “supplemental calcium is not associated with risk” either.⁶

The American Dietetic Association reports that currently 49 percent of Americans use some form of supplementation on a daily basis. In doing so, many hope to strengthen their health because of a chronic illness. Others want to increase optimal wellness. Either way, research shows that more and more Americans believe that taking a supplement is necessary to ensure good health. However, many of these people don't know how to choose a calcium supplement that is effective.

FINDING THE OPTIMAL CALCIUM SUPPLEMENT

- Find a calcium supplement that can be easily absorbed into the body. A liquid supplement can be absorbed quicker and more effectively than a calcium supplement taken in tablet form.
- A calcium supplement made from calcium orotate is extremely absorbable in the body because of the combination of calcium and orotic acid.
- A good calcium supplement needs to blend a number of synergistic ingredients. These ingredients should help support the absorption of calcium and balance the effects of calcium in the body.
- Make sure the supplement contains vitamin D, which helps to promote calcium absorption.
- If you are taking a calcium supplement to help repair your bones and joints make sure it includes glucosamine and chondroitin. Allow six to eight weeks before expecting to see results.
- A supplement which contains magnesium and other minerals can benefit your overall health and well being and also increase the absorption of calcium in your body.

IT'S ALL ABOUT ABSORPTION

The amount of calcium in a supplement that is absorbed into the body depends on several factors. Some of these factors include a person's estrogen level, acidic condition in the intestines, amount of Vitamin D in the body, and type of calcium supplement. The goal is to find a calcium supplement that can dissolve in the intestines.

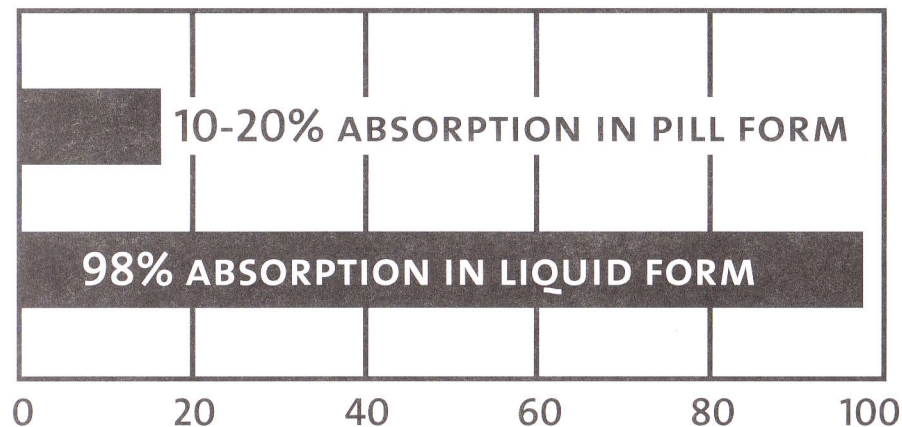
One factor you need to understand is that most calcium supplements that come as pills generally have a hard time dissolving and may travel right through the intestines without being digested. Minerals that enter the body in a dry form must be liquefied, ionized, and chelated before the body can absorb them. For this reason, pill supplements have a low percent of absorption.

Using a liquid supplement is more effective. Nearly 100 percent (98 percent) of a liquid supplement is quickly digested and pumped into the blood stream because it is easily absorbable.

Dr. Michael Ernest, a nutritional research expert, explains the distinct advantages to finding a calcium supplement in a liquid form. The calcium liquid supplement he uses is made by a California-based company, and it contains calcium and other minerals which are ionized, thereby making them more absorbable and bio-available than dry forms of minerals.

ACCORDING TO THE PHYSICIAN'S DESK REFERENCE, ONLY ABOUT 10 TO 20 PERCENT OF PILLS AND CAPSULES ARE ABSORBED INTO THE BODY. THE REST IS ELIMINATED BEFORE IT CAN BREAK DOWN AND BE ABSORBED. LIQUID, ON THE OTHER HAND, IS NEARLY 100 PERCENT ABSORBABLE.

LIQUID VS. PILLS AND CAPSULES



Only 10-20% of vitamins and minerals in a pill form are absorbed by the body compared to **98%** for nutritional drinks and oral sprays.

CALCIUM OROTATE

There are all types of calcium—calcium carbonate, calcium malate, calcium citrate, calcium lactate, calcium gluconate, etc.... All of these types of calcium come from different types of sources. The important point to understand about a calcium supplement is that it is not as important where the calcium comes from, but how it is created.

In the 1950s, a group of scientists, using special acids, were able to transport magnesium into breast cells that were turning malignant. One of these acids that made this process possible was orotic acid, an amino acid. These scientists found that orotic acid

was able to easily penetrate the outer membrane of a cell, yet it was only metabolized once it was inside the cell's mitochondria. These are highly sought after characteristics.⁷

For calcium to be absorbed in the intestinal tract and then pass through cell membranes it must be chelated, a chemical process that transforms the substance's original composition. The word "chelated" comes from the Greek word, "chele," which refers to the claw of a crab or lobster. A substance that is "chelated" is grabbed, trapped and transformed by a chelating agent, typically an acid.

By chelating calcium with orotic acid, the calcium is able to take on the highly absorbable characteristics of the orotic acid. This process creates what is called calcium orotate. Calcium orotate is extremely effective in the recalcification of bone metastases (or bone regrowth,) as well as in the prevention of osteoporosis.

"I HAVE MY LIFE BACK AND AM PAIN FREE AGAIN!"
—KIM HILDENBRAND-STOLTZFUS

"FIVE YEARS AGO I WAS IN A SERIOUS CAR ACCIDENT. MY 4-YEAR-OLD DAUGHTER WAS IN THE CAR WITH ME AS OUR SUV FLIPPED SEVERAL TIMES. MY PHYSICAL INJURIES INCLUDED A TORN ROTATOR CUFF, HERNIATED DISCS, TORN CARTILAGE IN MY KNEE AND A HOST OF OTHER AILMENTS, BUMPS AND BRUISES.

"WHEN I REFUSED TO HAVE SURGERY I WAS TOLD BY A TOP MEDICAL PROFESSIONAL I WOULD HAVE TO LIVE WITH THIS PAIN FOR THE REST OF MY LIFE. AT AGE 34 I WAS HURTING, DEPRESSED, AND COULD HARDLY GO ON. MY BACK AND NECK PAIN WAS EXCRUCIATING.

"I STARTED TAKING NATURAL SUPPLEMENTS IN PILL FORM THAT GAVE ME SOME RELIEF. THE BAD PART WAS I COULD HARDLY SWALLOW ALL THE PILLS I NEEDED EVERYDAY. I PLUGGED AWAY, DAY AFTER DAY, WORKING IN MY HAIR SALON, GAGGING ON HANDFULS OF PILLS AND WONDERING IF THE DOCTOR WAS RIGHT I WOULD BE IN PAIN THE REST OF MY LIFE.

"A YEAR AFTER THE ACCIDENT I RECEIVED A POSTCARD I BELIEVE WAS HEAVEN SENT. IT TALKED ABOUT WHOLE-FOOD LIQUID SUPPLEMENTS AND A LIQUID CALCIUM MINERAL BLEND WITH GLUCOSAMINE AND CHONDROITIN FOR JOINTS. I IMMEDIATELY ORDERED THE PRODUCTS AND WITHIN A FEW WEEKS OF TAKING BOTH PRODUCTS MY ENERGY WAS BACK AND I NOTICED I WAS STANDING FOR LONGER PERIODS OF TIME. GOING UP THE STAIRS, PICKING UP MY SMALL CHILD, AND BENDING OVERALL BECAME EASIER.

"MY SALON CLIENTS NOTICED A DRAMATIC CHANGE IN MY FACIAL EXPRESSIONS AND MY PERSONALITY. THEY TOLD ME THAT I WAS WALKING NORMAL AGAIN, AND IT SEEMED I WAS NO LONGER COMPENSATING FOR THE PAIN.

"IT HAS BEEN OVER FOUR YEARS SINCE MY ACCIDENT. WHAT A BLESSING THESE LIQUID SUPPLEMENTS HAVE TURNED OUT TO BE. I WILL NEVER BE WITHOUT THEM."

A SYNERGISTIC SUPPLEMENT

Calcium is also more effectively absorbed into the body when it is combined with other vitamins and minerals. Calcium, when combined with vitamin D, magnesium, boron and other minerals, has a synergistic effect, meaning that the combination of

these substances is more powerful than each substance on its own.

When buying a calcium product, it is important to consider the importance of the other ingredients included in the product. The best calcium supplement is one that has been blended into a compound form.

All of our bodies require certain minerals in macro (or large) amounts and in micro (or small) amounts. Minerals are the main components in your teeth and bones. Major minerals are minerals that your body needs in large amounts. These minerals include calcium, magnesium, sodium, potassium, and chloride. Trace minerals are minerals that your body needs in smaller amounts, or fewer than 20 mg a day. These minerals include chromium, copper, iron, iodine, fluoride, and zinc.

The California-created liquid calcium mineral blend is a comprehensive combination of minerals in high enough amounts, in appropriate ratios, and with the synergistic support ingredients for optimum metabolic function and utilization. There are more than 60 macro and micro minerals and other substances in this liquid calcium mineral blend. Some of its ingredients include:

- Boron
- Chondroitin
- Chromium
- Copper
- Glucosamine
- Iodine
- Iron
- Magnesium
- Manganese
- Potassium
- Selenium
- Vitamin D
- Zinc

Let's briefly discuss each of these substances and how they can affect your health in positive ways.

Boron. Boron was originally used in the 1800s as a food preservative. We now know a little more about this ultra trace element's importance. It is used in the body for proper metabolism. Studies show boron is important for the body to be able to utilize calcium correctly. This ultra trace element is also believed to help with mental alertness, memory, other mineral metabolism besides calcium, and blood hemoglobin.

Chondroitin. Chondroitin is a natural component of the cartilage that cushions joints. Research shows it can block certain enzymes that destroy cartilage. It is also believed to promote water retention and elasticity in joint cartilage. Chondroitin is used in combination with glucosamine, another important substance in cartilage health.

Some studies have shown that chondroitin may help actually relieve pain in people with bone and joint disease. However, most people had to take the chondroitin for an extended period of time (several months) to see results. Do not expect to notice results in less than one, or even two, months.

*"I HAVE MUCH MORE STRENGTH"
—DR. RON FREE, CHIROPRACTOR*

"MY SHOULDERS WERE ARTHRITIC BECAUSE OF USING THE THRUST TABLE IN MY PRACTICE FOR SO MANY YEARS. ALSO, MY LEFT KNEE WAS VERY ARTHRITIC. I DECIDED TO TRY A LIQUID CALCIUM MINERAL BLEND. I HAVE TAKEN THE LIQUID SUPPLEMENT FOR ABOUT

EIGHT MONTHS. THE ARTHRITIS IN MY SHOULDERS IS COMPLETELY GONE. THE ARTHRITIS IN MY KNEE IS COMPLETELY GONE. MY LOWER BACK IS REBUILDING, AND I HAVE NOTICED THAT I HAVE MUCH MORE STRENGTH. I CAN SAY WITHOUT ANY DOUBT THAT ANYBODY INTERESTED IN REBUILDING THEIR SYSTEM AND REGAINING THEIR HEALTH SHOULD TRY THIS PRODUCT."

Chromium. Chromium is a trace mineral. It combines with niacin to form Glucose Tolerance Factor, (GTF) which helps the body use glucose correctly. Some studies report that people who have diabetes have better glucose control by taking chromium supplements. It may also be helpful with cardiovascular health and in muscle mass.

Copper. Copper is the third most abundant trace mineral in the human body. It is critical in the body to help with the creation of collagen, a core protein found in bones, connective tissues, and skin. This is particularly important to those people with arthritis and rheumatoid arthritis. It is also known to possibly prevent heart disease.

Glucosamine. Glucosamine is natural sugar which is produced in the body. It stimulates the formation, maintenance, and repair of cartilage. Glucosamine can rehabilitate cartilage, reduce the progression of osteoarthritis, and can lessen the pain from arthritis. Glucosamine taken in tablet form must be taken 20 minutes before a meal to work effectively. A liquid calcium supplement, which contains glucosamine hydrochloride, (HCL) can be taken any time throughout the day and still allow the user to experience optimal benefits. Also, glucosamine found in a liquid form tends

to be a higher quality glucosamine. To obtain the needed amount of glucosamine in a pill form, the dosage amount needs to be at least 1500 mg per day. On the other hand, if you take glucosamine in a liquid form you only need to consume 1000-1250 mg per day because of the high absorption rate.

Iodine. Iodine is a trace mineral that is usually found in the thyroid gland. The main function of iodine is to keep the thyroid gland running correctly and to produce thyroxine, an essential hormone needed throughout the body. Thyroxine regulates metabolism, breaks down fats and proteins, and helps with the general growth process, especially in children. In countries with major iodine deficiencies, children have impaired motor skills, poor muscle strength and coordination, and many other problems.

Iron. Iron is a well-known mineral, yet many people still are deficient in this mineral. Iron is known for its ability to promote an energetic body, a sharp mind, and a strong immune system. In addition to not eating enough iron, deficiencies can be caused by dieting, exercising, and menstrual bleeding. In the body, iron's job is to carry the oxygen to muscles and organs inside the body. If a person doesn't get enough iron, he or she may develop anemia, which is a serious condition.

Magnesium. Magnesium is a trace mineral. Assisting with the absorption of calcium, magnesium also helps with formation of bone and teeth. While calcium is used to stimulate the muscles, magnesium balances that effect and is used to relax the muscles. Magnesium can be found in foods such as whole grains, nuts, seeds and vegetables.

The recommended daily allowance for magnesium is 350 milligrams. Magnesium deficiency can be linked to many chronic disorders. Lack of magnesium can also affect common health problems such as: migraines, attention deficit disorder, fibromyalgia, asthma and allergies. Many people suffer from magnesium deficiency. Taking a supplement with magnesium may help prevent these health problems: ⁸

- twitches, cramps, and muscle tension
- muscle soreness
- back aches
- neck pain
- tension headaches
- chest tightness
- constipation
- menstrual cramps
- difficulty swallowing
- insomnia
- anxiety
- hyperactivity
- panic attacks
- numbness
- tingling
- heart palpitations
- high blood pressure

Manganese. Manganese is a mineral that helps with the formation of bones and cartilage. We know that in the development of a fetus, manganese is vital for the development of the fetus's inner and outer ears. Manganese is also known to help certain enzymes function properly.

Potassium. Potassium is an abundant mineral in the human body because of its job to be an electrolyte. This means it must take on a positive or negative charge when dissolved in the watery medium of body fluids. By maintaining the correct charge, potassium helps regulate blood pressure, muscle contraction, and nerve and kidney function.

Selenium. While selenium has been around for a while, it became well-known in the 1990s for its health benefits in the body. It is a trace mineral that combines with enzymes in the body to become a powerful antioxidant. Because of this, selenium may be helpful in a large array of different health conditions, such as cancer, heart disease, and inflammation.

Vitamin D. The most important function of vitamin D is to help maintain normal levels of calcium in the blood. Because it promotes calcium absorption, vitamin D can help to form and maintain strong bones. Research has shown that Vitamin D can increase calcium absorption by as much as 30 to 80 percent.

It has been proven that many Americans over the age of 50 have an increased risk of developing a vitamin D deficiency. One of the reasons this happens is that calcium absorption tends to decrease with increased age. If the body is not getting enough vitamin D, the bones will become thin and brittle because they cannot absorb the calcium.

It is estimated that over 25 million adults in the United States either currently have, or are at a risk for developing, osteoporosis. Those who have this disease are at an increased risk for bone fractures because their bones are so thin and brittle. A deficiency

of vitamin D can contribute to this disease by reducing calcium absorption.

Vitamin D can be found in food and also can be made in your body after exposure to ultraviolet rays from the sun. Those who feel they are lacking in vitamin D should consider taking a supplement. The most ideal supplement would be a calcium liquid supplement which contains vitamin D.

Zinc. Zinc is an essential trace mineral. Every single cell in the human body needs it to function correctly. Zinc is believed to boost the function of the immune system by keeping the thymus gland healthy. This in turn helps prevent or possibly reverse autoimmune diseases such as lupus or rheumatoid arthritis. Additional evidence shows zinc is helpful in reducing arthritic aches and pain to fighting off the common cold. It may also be helpful with skin injuries, controlling acne, and improving eye problems.

"SHE IS JUST THRILLED WITH THE RESULTS"
— SYLVIE MORIN, D.O.M., ACCP

"I HAVE SEEN A LOT OF IMPROVEMENT IN MY ELDERLY PATIENTS WHO TAKE A LIQUID CALCIUM MINERAL BLEND. MY GRANDMOTHER STARTED TAKING IT ABOUT TWO MONTHS AGO. SHE HAS HAD SEVERE KNEE PAIN FOR ABOUT A DECADE, BUT SHE CANNOT HAVE AN OPERATION BECAUSE OF A PREEXISTING HEART CONDITION. SHE STARTED TAKING THE LIQUID CALCIUM MINERAL BLEND TWO MONTHS AGO. WITHIN TWO WEEKS SHE WAS ABLE TO BE MORE ACTIVE, EXPERIENCING LESS PAIN, AND COULD WALK LONGER DISTANCES. SHE IS JUST THRILLED WITH THE RESULTS."

GIVE YOUR BODY WHAT IT NEEDS

When it comes down to getting calcium into your body, into the cells; and in the correct proportions, it takes more than popping an oversized grocery-store variety calcium pill in your mouth each morning. In fact, getting calcium absorbed into the body means finding the right kind of liquid-based calcium that has been combined with a highly absorbable acid like orotate. It also means finding a calcium supplement that is a correct blend of other critical complementing substances such as boron, magnesium, and vitamin D. It also means getting a calcium supplement that has been combined with glucosamine and chondroitin to give added bone and cartilage strength.

As you give your body the gift of quality mineral supplementation through a liquid calcium mineral blend, you will have peace of mind knowing you are strengthening bones and joints, enhancing brain function, and boosting nearly every other process within the body.

ENDNOTES

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