

# The Tuesday Minute

*Nutritional information.... one byte at a time*

## *This Week's Topic*

### **Patients Who Take Calcium Better Know This.**

Calcium prevents osteoporosis, so lets all take more calcium . . . right? Not necessarily, and here's why. Recently we've been told that vitamin D is needed for calcium absorption and that's true, but what has always troubled me is how little is said about the need for proper digestion and absorption of calcium. You can take ingest calcium; but if you don't have the synergic factors for absorption and digestion, it will cause more harm than good.

How can too much calcium cause harm? Let's backtrack for a minute and see what the media says. They say to use calcium citrate or liquid calcium for better absorption which is half the truth. They fail to articulate the fact that if you don't have the proper pH in your stomach it doesn't matter what form you take it's not going to be fully utilized. Minerals must be cleaved from their substrate, ionized and then attached to amino acids for transport and absorption.

The addition of calcium carbonate to Tums has always confused me. Calcium carbonate needs a very acidic Ph in the stomach for proper digestion and absorption. Tums, an antacid, reduces the hydrochloric acid produced in the stomach. With all the over the counter and prescription antacids and stomach acid blocking agents available, it's no wonder we have problems with an epidemic of many modern diseases. Hydrochlo-

ric acid decreases as we age. Maybe that's the reason osteoporosis is more prevalent as we age.

What happens when we get too much calcium or calcium in an unusable form? I've seen calcium abnormalities show up as bone spurs, kidney stones, and calcium deposits noticed on mammograms and heart scans. The lack of proper absorption of calcium can cause calcium deposits which are related to osteoporosis, heart disease and heart attack. Remember too much calcium can push or displace magnesium and potassium which are 2 essential minerals for heart health.

For years white specks on finger nails have been thought to be "zinc deficiency" spots. I think they are indicative of a general malabsorption of minerals. An associate of mine and a nutritionist for 20 years brought to my attention that she had numerous specks on her nails for years despite zinc supplementation. She also had calcium deposits on her fingers and found that when the calcium deposits on her fingers were eliminated all her white specks disappeared. She has also seen this pattern with her patients for many years as she changes people's diets and digestion.

She came to this conclusion by accident many years ago when she had multiple calcium deposits appear on several knuckles of her hands. They not only hurt but were unsightly. She also

had a mammogram which revealed numerous calcium deposits. She had always had digestive problems including heartburn, hiatal hernia, and lack of hydrochloric acid in her stomach.

She started taking Hydro-Zyme which is a HCL supplement which also contains glutamic acid and ammonium chloride. These last 2 ingredients, she found out later, break down the undigested, stored calcium that's in the tissues. She also started taking higher doses of Betaine Plus HP, a higher dose of hydrochloric acid, to correct her problem of heart burn and other digestive and absorption problems. Within approximately 6 months all the calcium deposits on her fingers were gone. She's never had them since.

That's amazing! She continues to take a small dose of Hydro-Zyme, 1 with each meal and large doses of the Betaine Plus HP, 4-6 per meal. Her digestive issues are corrected and her nails are stronger and grow faster with no "zinc spots."

My associate also told me a story of her son-in-law "Bob", and his family history of kidney stones. Each of the 6 members of his family has gone through numerous, painful episodes. After he experienced 3 bouts with kidney stones within a year, he decided to try to do something about the calcium utilization problem. By taking 2 Hydro-Zyme each meal, the kidney stone formation stopped; and he has been pain free for over a year.

As I mentioned earlier, when calcium utilization is a problem, we can expect bone spurs, kidney stones, and calcium deposits that show up on mammograms and heart scans. Due to the kidney stones and white spots on his nails, Bob was encouraged by my associate to get a heart scan. His cardiologist was amazed to see calcium deposits on someone only 34 years of age.

So what are the causes of poor calcium utilization? The major ones are: drinking carbonated beverages, a lack of hydrochloric acid in the stomach and antacid use. No wonder we have a calcium problem with all the antacid and stomach acid blockers prescribed and taken by the majority of people.

The body is trying to tell us something when we get indigestion, poor growth of hair and nails, and certainly as things like bone spurs, kidney stones or calcium deposits are detected. We need to listen to what our bodies are trying to tell us. Why wait for something serious to develop. Pay attention to the signs early.

Make a habit of looking at your patients nails. Do they have spots? Do they crack and peel? Do they have calcium deposits around their joints? Many of your patients are taking calcium, that's a good thing. Now let's make sure they have all the correct cofactors and digestive ability to utilize it. Once again we see the need for adequate levels of HCL. Well, thanks for reading today. I'll be back with you next Tuesday.