

Why Calcium?

By Dr. Carol Ann Fischer, BS, DC, ND

There are many indications of nutritional deficiencies that have been known for years. Calcium is one of the most essential minerals to the health of the human body. Most people know that calcium is needed to build bones, but it is also needed in every cell of the body. Calcium is the key mineral to help activate the immune system to keep the body healthy, and to maintain normal muscle and nerve function.

Some common symptoms associated with calcium deficiency:

- brittle fingernails, poor teeth, bone loss
- numbness or tingling in your hands, feet or face
- muscle spasms or muscle cramps
- low resistance against infection, sinus trouble
- memory loss, depression, irritability
- insomnia, difficulty experiencing deep sleep

Today there is an abundance of food and nutritional supplements, yet there are many people who have a hidden calcium deficiency. There is a natural, inexpensive, non-invasive way to evaluate for the need for more calcium. You can have a calcium deficiency even if you are taking calcium supplements. It is not what you eat or supplement that matters. Can your body use your supplements and what you eat?

Utilization is what is important. Calcium from rock or cement is not utilized well by the body. The task is to find the correct source and amount of calcium for each individual. There is no such thing as one pill or one food for everyone. Fixing a deficiency can be very simple when using whole food calcium sources.

The best sources of calcium are the food sources, as they are the most easily metabolized sources of calcium. Eating fresh vegetables daily like broccoli, kale, parsley, and spinach provides the body with much needed calcium and other minerals. Foods high in calcium to add to your diet also include whole sesame and sunflower seeds, dulse seaweed, kelp and almonds. These foods have a more easily usable form of calcium compared to other sources.

We are all unique individuals, each with a different history, a different diet and lifestyle, different stressors, different metabolisms, and different nutritional needs. It is vital to find the specific type of calcium that your body can use so your muscles, nerves, bones, teeth and immune system function well.

If you have any of the above deficiency symptoms, there is help. A simple calcium test plus a review of your diet and lifestyle can easily determine what simple changes you can make to improve your body function, reduce your deficiency symptoms, and help you achieve optimal health and longevity.