

Calcium Facts and Myths

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All experts agree that milk is the number one allergen. This leads to the common client request to find alternative sources of calcium other than dairy products.

There are various ways Calcium can be depleted from the body. Primary sources of calcium depletion include: caffeine in coffee, pop, tea, and chocolate, as well as refined sugar and salt. These anti-nutrients foods all cause Calcium loss in urine and can push the body into an acidic state, since calcium is the number one buffering agent to neutralize bodily acids.

Another way Calcium is lost is by consuming foods that are high in Phosphorous, such as meat, grains, and pop. Calcium and Phosphorus need to be in a specific ratio to work properly, so when we have excess Phosphorous in the blood it bonds with Calcium and thus pulls more Calcium from the bones. However, refined sugar can decrease the amount of Phosphorous in the blood to such an extent that after a high sugar intake the bones cannot retain its calcium. This same process happens with a high fiber diet, causing the calcium to be excreted rather than absorbed.

Yet another way calcium is lost is through excess protein consumption. Excess protein increases acidity in the body because Calcium is again used as a buffering system. Through bonding it is pulled from the bones and once again is excreted through urine. Also with high protein consumption the excess protein is broken down by the liver into urea causing a diuretic effect on the kidney; this takes the calcium and other minerals with it. Smoking and alcohol also contribute to Calcium loss.

To activate Calcium absorption and transportation we need Vitamin D. Good sources of Vitamin D are liver, eggs, mushrooms and the sun.

There are many myths about milk. The first is that milk is good for everybody. Seventy percent of the world's population is lactose deficient as many lose the ability to digest lactose (milk sugar) at a young age. Common symptoms of lactose intolerance are gas, bloating, abdominal cramps and diarrhea. Undigested milk ferments in the intestine producing lactic acid which does not get absorbed by the body. The second myth is that dairy prevents osteoporosis. By pasteurizing milk, fifty percent of calcium and enzymes are lost. With low fat and skim milk there isn't enough fat to transport or absorb calcium. The Third myth is that Calcium supplements prevent osteoporosis. Whether they prevent osteoporosis is dependent on whether caffeine, refined sugar, and excess protein have been eliminated from the diet and whether fruit and vegetables have been increased. Best choices for calcium supplements are Calcium Carbonate and Calcium Citrate, taken with Magnesium.

Better sources of Calcium are seeds and nuts, such as sesame seeds and almonds, as well as vegetables such as dark leafy greens and beans. Additionally, seaweed, canned salmon, and sardines (with bones) provide a good source of calcium.