



Custom Health News You can Use

CALCIUM

By: Angel Avina

There are certain ailments that seem to be quite prevalent in many people. Problems concerning bone density is a common concern. Causes can range from excess dairy to extreme soda consumption.

Many people don't realize that soda is an awful culprit. It actually leeches calcium out of your bones.

Through the years I have had countless people complain about joint pain and bone density issues and then go on to say how they consume tons of milk and they just can't understand how they are having these types of problems.

Well guess what? The calcium in raw milk the body *can* use, however once milk is pasteurized it then becomes inorganic and therefore, it cannot be assimilated. Since it can't be assimilated it then deposits throughout the body causing all sorts of problems from joint pain, to bone spurs.

That's the worst part, because you *think* that you are getting enough calcium through the pasteurized milk you're consuming. What happens then is because the body *has* to have calcium and it's not getting the right calcium it will start taking it out of your own bones!

So now what? First of all there *is* good news there are other sources for calcium and here are just a few: dark greens, carrot juice, soy milk and supplements.



Calcium Foods

When you supplement be sure that your calcium says *citrate*. You must have this in order for the calcium to work in the way that you want.

Also, I suggest that it has Vitamin D-3 in it at least 400 units. The recommended dosage for D-3 is 1,000 units but when in the calcium tablets the 400 units will serve its purpose in making the calcium more *user* friendly.

The recommended adult dose for calcium is between 1200 to 1500 units per day! In tablet form it would normally consist of taking two in the morning and again repeating in the evening. Since calcium has a calming effect on the nerves it can help people who may have trouble in falling asleep. In such a case you would want to take the calcium a half hour to one hour prior to bedtime. The tablets can be rather large but most health food stores do sell it in other forms such as chews, powders and even liquid.

Spirulina, a type of algae, has

a high source of calcium among other benefits, and is a great supplement all the way around.

In my opinion, the best calcium would be in juicing carrots. One pint of Carrot juice has the equivalent of 25 pounds of calcium tablets, really!

Calcium is a *must* in our lives but remember the wrong calcium can cause all sorts of problems as explained earlier.

Did you know that when you have the wrong calcium intake most of it will store forever? The only way to rid the body of inorganic calcium is by taking organic calcium.

Bone spurs can be taken care of by taking real calcium. It isn't going to happen immediately. In fact it could take months but I always tell people that the bones spurs didn't appear overnight. Sometimes things just take time but during those times we need to remember just how important our health *truly* is!



Hormone Restoration

If you are experiencing many of these symptoms you could be hormonally imbalanced:

- Hot Flashes
- Night Sweats
- Low Libido
- Foggy Thinking
- Mood Swings

We can work with your doctor to determine the best way to get these symptoms under control naturally, using supplements, hormone

therapy and lifestyle changes.

We also have testing available to determine your hormone levels using a simple saliva kit.

Did you know that nearly 75% of the diseases prevalent in the US are somehow related to stress? Nearly everyone experiences events that challenge your stress response, which impacts your overall health. Continued stress both

physiological and psychological can alter your hormonal balance.

This can lead to symptoms such as hormone irregularities, sleep disorders, immune suppression, and emotional issues.

A quick test is to take a weak flashlight or penlight and a mirror in a dark closet or bathroom and wait a minute for your eyes to adjust to the dark. This will allow your pupils to dilate (open) fully.

Shine the flashlight into your eyes and watch your pupils for at least 30 seconds. The light should make your pupils (the dark spot in the center of your eye) to get smaller. Normally, they should stay that way. If you have a Hormonal Imbalance, such as Adrenal Fatigue, the pupil will waver between contracted and relaxed, or will contract initially, then open after 10-30 seconds.

We can help, stop in or call for more information.



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- Listen to Angel Avina on *For the Health of It*, radio show WOMT(1240AM) every Thursday at 10:15am
- We carry *NOW* Supplements, which are all natural



Are you tired of yo-yo and fad diets? Do you want to get healthy and *stay* healthy? Now is the time to **TAKE CHARGE** of your life and make health a priority!

The US currently ranks #1 in obesity the world. Sedentary lifestyles, unhealthy food choices, diets high in fat and simple sugars all contribute to the obesity problem. Not only that, but they also increase your risk for heart disease, high blood pressure, diabetes, breast & colon cancer, gallbladder disease and arthritis.

People with excess body fat, especially concentrated around the waistline, are more likely to develop heart disease and stroke, even if they have no other risk factors. Because of the extra weight, your

heart's workload increases, causing strain, which leads to heart problems.

Healthy lifestyle choices including eating healthy, weight management, and exercise are remedies to improve your health.

Take Charge is the foundation and structure for lifestyle/disease management.. We help you determine a healthy body weight and composition. From there an individualized plan is created especially for *you* to help you achieve your goals, in a healthy way. We also help with maintenance after your goals are reached.

The **Take Charge** system allows you to maintain and enhance your health while

losing body fat. The emphasis is on total body composition, not just "scale" weight loss. We personally monitor and support your progress.

We will educate you in good nutritional practices, promoting healthy lifestyle changes, and continue to support you through those changes. The most important goal is long-term success in disease prevention and management through developing and maintaining sound, healthful eating habits and an effective, enjoyable exercise program.

If you ready to **Take Charge** and get healthy, contact us TODAY! We will show you how.