



Winning the fight against cancer, every day.

THE CALCIUM CRAZE

OVERVIEW:

Calcium is the mineral in your body that makes up your bones and keeps them strong. Ninety-nine percent of the calcium in your body is stored in your bones and teeth. The remaining 1% is in your blood and soft tissues, and is essential for life and health. Without this tiny 1% of calcium, your muscles wouldn't contract correctly, your blood wouldn't clot and your nerves wouldn't carry messages.

Besides prevention of osteoporosis, calcium supplementation has been shown to be beneficial for the following conditions: leg cramps, prevention of colon cancer, high cholesterol and high triglycerides, high blood pressure,

Calcium recommendations were set at levels associated with maximum retention of body calcium, since bones that are calcium rich are known to be less susceptible to fractures. In addition to calcium consumption, other factors that are thought to affect bone retention of calcium and risk of osteoporosis include high rates of growth in children during specific periods, hormonal status, exercise, genetics, and other diet components.

In addition to their structural role, your bones are your emergency supply of calcium. Your body actually tears down and builds bone all of the time in order to make its calcium available for your body's functions. If you don't get enough calcium from the food you eat, your body automatically takes the calcium you need from your bones. If your body continues to tear down more bone than it replaces over a period of years to get calcium, your bones become weak and break easily. This leads to the crippling bone disease called "osteoporosis." Approximately 25 million American women have some degree of osteoporosis; the disease will affect one-third to one-half of post-menopausal women, and 5 million American men suffer from osteoporosis.

DAILY DOSAGE RECOMMENDATIONS:

Dosage recommendations range from 600-1,500mg daily. Those who are at risk for forming, or already have, osteoporosis should consume between 1,000 and 1,300 milligrams of calcium per day.

COMPARISON OF COMMON FORMS OF CALCIUM:

Calcium (Citracal)	Citrate Calcium (Tums, Oscal, Caltrate)	Carbonate
Can be taken any time during the day.	Must be taken with meals or snacks for best absorption.	
Does not require stomach acid for absorption.	Requires stomach acid for absorption. Do not take with antacids.	
Gentle on stomach.	May cause gas, constipation, bloating	
	Look for "USP" on label or box (confirms pill will dissolve in normal stomach acidity.)	

ABSORPTION:

One study found that calcium citrate can be absorbed at approximately two times the rate of calcium carbonate. This means that if you take 500mg of calcium citrate, it is equivalent to taking 1,000mg of calcium carbonate.

NUTRIENT INTERACTIONS/TOXICITIES:

Large doses of calcium may interfere with the absorption of other nutrients, including magnesium, zinc, iron, manganese, and other minerals. Excessive doses of calcium may cause constipation, and in some cases, nausea, headache, and confusion.

POTENTIAL DRUG INTERACTIONS:

Increased plasma levels of quinidine and amphetamines. Decreases levels of salicylates, calcium channel blockers, ketoconazole, tetracyclines, Digoxin, and iron.

NOT TO BE USED IN PEOPLE WITH:

Fluid restrictions, decreased gastrointestinal motility, gastrointestinal obstruction, dehydration or kidney disease.

CORAL CALCIUM:

Currently, there are two sources of coral calcium that are being marketed: below-sea "marine coral" which is vacuumed from the ocean bottom or "above-sea coral" which is from large chunks of coral.

Marine Coral is basically sand which contains a mixture of coral, sea shells, silica, rock, and sea life. This process brings hundreds of tons of sand, coral, shells, marine flora and fauna to the ship deck. There is no way of separating sand from coral hence marine coral is a mixture which would be more accurately named "coral sand". Above-sea coral is harvested from coral chunks above the water.

STUDIES:

Only one study has been conducted with specifically Coral Calcium. This study examined the use of Coral Calcium, and its ability to restrict the growth of mouse colon cancer cells. This study was a test-tube study (in vitro), and did not use human cancer cells. Coral calcium was shown to mildly increase the activity of Natural Killer (NK) cells, as well as mildly inhibit the growth of the mouse colon cancer cells.

However, these findings were evident at a dose of 100 milligrams per kilogram of body weight. Translated into human dimensions, the average 150-pound adult weighs approximately 70kg. That means that the dose that was shown to affect mouse colon cancer cells in a test tube would be equivalent to **7,000 milligrams** (or 7 grams). Recommended doses range from 600-1,500mg daily¹.

Of note: Mr. Robert Barefoot is not a physician. He has studied chemistry, but he holds no medical degrees. Robert Barefoot is a lecturer and a writer.

If you have further questions regarding calcium supplementation, or any other supplementation concerns, please feel free to speak with your naturopath for additional suggestions or for counsel before beginning a new supplement regimen.

REFERENCES:

1. Effects Of The Coral Calcium As An Inhibitory Substance Against Colon Cancer And Its Metastasis In The Lungs Yuji Hirota, Ph.D. and Takashi Sugisaki¹, Ph.D. Medical Preventive Group Laboratory, MPG Co., Ltd. 2-41-18 Sumida, Sumida-ku, Tokyo, Japan 131

Remember, it is very important to consult with your naturopath in order to safely and effectively use natural therapies in people with cancer.

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