

# *Health of our Bones and the Water we drink*

by Jocelyn Hoch

We all need water to live. The protection of it should be our main priority in life. From how it flows through our streets into a major body of water and how it flows through our houses into our bodies. As I sit here contemplating my personal health and all my friends I see a major issues among us that needs resolution now. So many friends are replacing their body parts on a regular basis. Why? There must be a reason beyond the fact that we are aging. It must be deeper. In my research I find that every day we exposure ourselves to something that must be a deeper cause of deterioration. Daily intake of water is the first concern. Ask yourself how clean is the water I drink? Is it fully mineralized? We are all lacking essential minerals more than anything. Supplements we choose are not necessarily the best and absorbable for our bodies.

About 30 or 40 years ago, doctors began routinely prescribing calcium to many men and almost all women over the age of 40 to counter the effects of bone loss due to aging. The conventional wisdom was that bone loss is due to calcium deficiency. Yet after 40 years, it has become evident that taking calcium alone does not stop or even slow bone loss and does not prevent osteoporosis.

The new wisdom now emerging is that magnesium is actually the key to the body's proper assimilation and use of calcium, as well as other important nutrients. If we consume too much calcium, and without sufficient magnesium, the excess calcium is not utilized correctly and may actually become toxic, causing painful conditions in the body.

Many researchers and nutritionists now believe magnesium is more important than calcium in order to maintain healthy bones. Magnesium plays a vital role in digestion, energy production, muscle contraction and relaxation, bone formation and cell division. In addition, magnesium is a key nutrient in the proper functioning of the heart, the kidneys, the adrenals and the entire nervous system. So how do you take part in finding what is right for your body.

Most calcium and magnesium supplements contain a ratio of two parts calcium to one part magnesium. The logic behind this ratio is based on the relative amounts of these nutrients used in the body. But in order to determine how much we might need to take as a supplement, we should consider how much of these nutrients we are getting in our food and how they are stored and recycled in the body.

Things that can inhibit calcium absorption are caffeine, soft drinks, diuretics, excess red meat, refined sugar, alcohol, excess salt, foods high in oxalic acid (spinach, rhubarb, chocolate), and certain medications. Calcium is found in dairy products,

sardines, soy products, green leafy vegetables and almonds. Magnesium is found in whole grains, nuts, seafood, legumes, peas, carrots and green leafy vegetables.

For example, the body tends to hold calcium and either store it or recycle it again and again. Magnesium, however, is either used up or excreted and must be replenished on a daily basis. So, even though the daily need for calcium is greater, we are much more likely to become deficient in magnesium.

- insomnia
- muscle tension or spasms
- muscle cramps
- constipation
- headaches
- heart palpitations
- PMS
- calcification of tissues or joints
- nervousness or irritability

If you are taking a mineral supplement, it's also important to consider the form you are taking. In a typical calcium or magnesium tablet, the body can absorb and assimilate only about 10 to 15 percent. In the form of a mineral citrate, in which the mineral is combined with citric acid, the body can absorb a much greater amount. If you mix the mineral citrate in warm water and let stand for 10 minutes until it is fully dissolved, you'll absorb the minerals very quickly and your body will feel the difference. And if you are taking calcium or magnesium in this form, you don't have to take nearly as much as with other forms in order to get the same benefit.

I recommend magnesium and calcium citrate as the preferred form. Whole foods has many wonderful supplements. Talk to them about which brand may be right for you. With a healthy diet and good water intake perhaps we can all reduce our visits to the doctor and minimize replacing our body parts. We often look for that quick fix, but perhaps if we just strive to make conscious choices now, in the future we may be in better health.

*This article is not intended to replace advice of your healthcare practitioner. Consult your doctor before making changes with your health.*