

## Women Taking The Wrong Calcium Supplements!

*Women should take calcium that is delivered in a form readily absorbed by the body. Not all forms of calcium will be absorbed.*

It is recommended that calcium be delivered in a form readily absorbed by the body. It is important to understand that not all forms of calcium will be absorbed. Calcium salts and carbonated calcium are two such forms that are not absorbed readily. Their absorption rate is only 10 to 45%. While these products are effective antacids, they are not a good and reliable source of calcium.

1. A superior means to deliver calcium supplements to the body is through microcrystalline hydroxyapatite or MCHC. MCHC is a bone tissue matrix that contains the natural found properties of bone in the correct amount and ratios. It does not deteriorate in the stomach or stay in the intestines to be left unabsorbed.

Another quality delivery system would be a calcium supplement bound to something such as Amino Acid. This process is called chelation. True Amino Acid Chelates are good because they ensure that 95 to 100 per-cent of the calcium will be absorbed.

Either MCHC or Amino Acid Chelate are excellent ways to supplement your body with calcium on a day-to-day basis. The National Institute of Health Guidelines recommend the following:

- Women age 25-30 1000 mg daily
- Pregnant & nursing women 1200 mg daily
- Post Menopausal on Estrogen 1000 mg daily
- Post Menopausal not on Estrogen 1000 mg daily

Consumers should be aware of powerful media advertising when deciding what calcium supplements to take. Centrum multivitamin has been one of the best selling brands of multivitamins in the past 10 years. Consumers buy it because they have been lead to believe it provides a full balance of vitamins including all of the calcium requirements they need. **The truth is, Centrum only contains 162 mg of calcium (about 900-1300 less than what is currently being recommended by the National Institute of Health )**

**Another example would be the companies promoting antacids containing calcium. New marketing tactics have led the consumer to believe that taking antacids will fulfill some of their calcium needs., People taking antacids for calcium, such as Tums, create an acid imbalance that forces their bodies to work more to regain a homeostatic state. Also, the calcium binding effect in these antacids will not allow the body to absorb readily the calcium, leaving only 10% to 45% of the calcium to be absorbed.**

Before taking calcium supplements, you need to consult with your pharmacist. Your daily diet, exercise, life style habits and current prescription therapy determine what your dosage should be.

**Presenting**  
**OsteoProCare**  
**By Life Force International**

**The most bio-available liquid calcium product  
on the market today.**

**Contains Chondroitin Sulfate and Glucosamine Hydrochloride  
( Scientifically proven to form joint cartilage and re-grow joint tissue.)**

**For more information call: Delina Villa at (208) 375-7111, Lfi Member # 20381333, or order from Life Force Intl., direct. Call 1-800-531-4877 (please give referral #20381333)**

### **INFORMATION CRUCIAL FOR OPTIMAL HEALTH (IONIC SUMMARY)**

Where do Minerals come from? Quite simply, Minerals come from soil and rock and we get them from plants, however, they are transferred to plants through the process of **photosynthesis**. In other words, they are pre-digested by plants and are organic. Plant physiology shows that when a Mineral attempts to enter a root of a plant in a non-ionic complex form, the complex is first broken down in the exterior of the root into Ionic form.

The fluids found in live plants are *solutions* and the solute particles are molecules. The solute breaks down into electrically charged particles known as ions. Ionic Solutions called Electrolytes, conduct electricity and are very chemically active. Because Ionic Minerals in Solution are Minerals in their smallest possible form, they will not settle, nor can they be filtered out, as is possible with other mixtures such as Colloids and Suspensions.

Within the body, these Ionic Minerals play an essential role in cell *regeneration* and in maintaining fluid balance and normal acid base.

There are two types of Ions: Positively charged Ions and Cations and Negatively charged Ions called Anions. Examples of important Cation Minerals include Magnesium, Sodium, Potassium, Calcium and Hydrogen. Important Anion Minerals are Bicarbonate, Chloride, and Phosphate.

Colloids do not dissolve into true Solutions and do *not* pass through a semi-permeable membrane as in dialysis. Further, Colloidal Minerals *suspended* in solution are not capable of conducting electricity, and are not associated with bio-electric activity in the body. *The fact is, that for Minerals to be assimilated in the body, they must enter in the Ionic form or enter with an Amino Acid.*

Because Organic Minerals are *already* contained within the cells of live plants, they are readily assimilated by the body. The body must on its own, create Amino Acid bond that will allow Colloidal and Metallic Minerals to be absorbed. Indeed, *some of these Minerals are absorbed*, but only by forcing the body to *chelate* the Minerals itself, and to expel great resources and energy in the process. It would, depending on the particular mineral taken, 10 to 33 times more Colloidal or Metallic Minerals together with essential Fatty Acids, Vitamins, Amino Acids and enzymes to achieve the same benefit one receives from the same amount of Ionic Minerals found within live plant cells. Expert biochemists tell us *one* very important reason organic Ionic Minerals are beneficial to the body is because of the non-toxic state they are found within live plant cells. For example, Iodine, if drunk in its pure form, is poisonous, however, it is *beneficial* as the body needs iodine. Same for arsenic, aluminum and other Minerals *considered* toxic.

The fact is, to be assimilated by the body, Minerals need to enter in the Ionic form. Pure Ionic Minerals from plant cells conduct and produce electrical energies that keep living things alive, and that allows for Total Cellular Nutrition.

## BODY BALANCE SUMMARY

FIRST: **Body Balance gives you what you think you get from your foods. But don't.** Our depleted soils have been strip-mined for 100 + years. They no longer contain the Minerals our bodies so desperately need. Nor do commercial fertilizers. As a result, Americans who don't already suffer Mineral-Deficient Diseases will *soon* have the problems.

SECOND: **Body Balance is a Liquid Whole Food.** The body can immediately go to work using **BB's** complete compliment of Nutrients instead of having to break down bulky, compressed tablets or gelatin capsules. People who dislike taking pills love the **BB** Delivery System.

THIRD: **Body Balance is an Organic Ionic Solution.** Since BB is predigested by *live* Sea Vegetation the *121+ plus per ounce* of Nutrients go directly to the cellular level and afford the most powerful building blocks to rebuild the body, *known to man*. While the body absorbs *only* to 12% of regular pill form and *only* to 40% of chelated pills – up to 98% of **Body Balances'** Ionic solution is absorbed by our bodies. One of the most important factors is the *synergistic* effect which small amounts of Trace Minerals have on the major Minerals, Vitamins. Essential Acids, Amino Acids and Enzymes *required for Optimal Health*.

FOURTH: **Body Balance is an Adaptigen,** it is a Whole Food, it won't interfere with any other supplements or therapeutic program. Just the opposite, BB assists all diets, medicines and herbs to work faster and much more efficiently.

FIFTH: **Body Balance is Natures Best Balance.** The Natural proportions of Minerals, Vitamins, Essential Fatty Acids, Amino Acids, Enzymes and the like are present in sufficient amounts and imperfect balance. Most scientific studies isolate Minerals and Vitamins from each other for marketing purposes only. With *no* attention given to proper balance. **BB** has a gentle, positive impact on the body, most importantly, it comes from a unique, pure ocean source where the conversion of sunlight to plant energy is performed, the absolute perfect non-polluted, not toxic, non-chemical environment.

SIXTH: **Body Balance is richest in substance and the most inexpensive preventative.** Two ounces of **BB each** day provides *more* Nutrients than most people receive in two weeks for less than \$1.50 a day. **BB is literally five products in one.** If you bought each product individually, in pill form, you would spend over \$120.00 a day! Body Balance is *answer!*

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