

Column revisits Coral Calcium

Although in the past I have been very high on coral calcium, now I feel differently. My patient, Ken Stone, a chemist, did research on several coral calcium products. The amount of magnesium was minimal and the calcium carbonate was ionized exactly the same as other calcium carbonate products. Of course, Dr. Barefoot states the folks in Okinawa had marked longevity. If one looks into the reasons why, their average daily diet includes seven servings of fruits and vegetables, two helpings of soy, plenty of Omega 3's, and several cups of antioxidant-rich green tea. Additionally, the elderly islanders are far more physical-



**DR. J.E
BLOCK**

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ly active than we older Americans.

I was so taken by Barefoot's commercial that I, as a medical doctor, purchased his product and read his book. Dr. Barefoot is a Ph.D. and the experience he has is that of making money rather than performing actual research.

Nevertheless, drinking alkaline water, as the Okinawans have done, is common in the United States. For a long time, I have advocated hard water (made hard by calcium and magnesium in solution) which is in much of our drinking water, including my own well water in Coffeyville.

There was an editorial written in a medical journal a decade ago titled "Hard Water and Soft Arteries". It's true that people who consume more alkaline hard water from calcium and magnesium sources may have a slightly higher incidence of kidney stones, but in general, they have a healthier cardiovascular system. The use of inexpensive calcium supplements, particularly those that have magnesium, such as dolomite,

would be my recommendation.

Coral calcium and other calcium products have, in the past, been found to be notoriously high in concentrations of aluminum, lead and other heavy metals. Some of this is from mining, some from grinding, where a small amount of heavy metal on the grinder finds itself in the product.

Again, my recommendation is Calcium/Magnesium/Boron (CMB) or the calcium found in Fruit-Cal® that is added to Tropicana and other juices. The calcium from milk is not particularly healthful, not because of the calcium in milk per se, but because of the homogenization of the protein casein in it. It actually causes osteoporosis.

You'll find doing away with coral calcium not only less expensive, but may be more healthful in obtaining the proper amounts of the calcium/magnesium balance.

(Editor's Note: Views and ideas of this column do not reflect on the ideas of The Coffeyville Journal.)