

Reporter

EDITORIALS

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All things medical

The miracle from the sea

Several years ago, coral calcium was all the rage, but scientifically has not stood the test of time. The bio-availability was no better than the lousy inexpensive calcium carbonate, which essentially is chalk. Fortunately, a fantastic mineral product, sea calcium, has become available. It comes from a hard, brittle species of red algae found in the pristine, mineral rich waters off the southwestern coast of Ireland. In addition to being a plant, calcium is compared to the animal source (coral is an animal). Sea Calcium contains up to 70 naturally occurring trace minerals. Importantly, it has the ideal 2 to 1 calcium to magnesium ratio. The algae (Lithothamnium) has been used by the Irish natives for centuries for aches and pains, as well as for heartburn when it occasionally washed up on the beach. With a pH of 10, it is a natural alkalizer, neutralizing the stomach acid and combating our toxic acid internal environment.

The bio-availability of Sea Calcium is the highest of any product on this planet. These micro granules have an extremely large surface area because of its porous structure. To enhance the bio-availability even more, scFOS (short chained Fructo-Oligo-Saccharides) are added to the formula. This serves as a food source for the beneficial micro-organisms in our intestines. Also, it has the much needed soluble fiber for intestinal health. FOS is used by the Japanese by the ton for bowel health. In fact, they have over 70 different products with FOS.

Clinically, according to Robert Heany,

Dr.

J.E.

Block



M.D. of The University of Indiana, Sea Calcium has been shown to effectively treat osteoporosis, hypertension and depression. It also decreases the incidence of colon cancer, Type 2 diabetes and obesity. Other researchers revealed this is a calming agent and a sleep aid.

These fossilized deposits are the skeletal remains of the algae-like seaweed and are harvested in Marigot Bay near Castletownbere, Ireland. Whereas, the crystals of coral calcium are 100% calcite, those from this sea vegetable contains the spongy arganite and vaterite. The smooth texture of this calcium is extremely palatable compared to the almost insoluble, chalky coral calcium. Used as an additive in coffee, it eliminates the acidity, enhances the taste, decreases the negative stomach effect and may increase the healthy cholegenic acid that is cancer protective. Because Sea Calcium is wild crafted (gathered from nature), it is environmentally rational and renewable.

The only product available in this country is Natureis Sea Calcium that comes in a powder and a capsule for about \$16 a month.