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That's Bad for Your

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Dr. Alan Mandell,

D.C. 100

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about calcium is
that if we find the
reason why our
bones leak calcium,
and stop the cause,
we don't need large
amounts. I take only
500 mg a day and
have reversed my

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bone loss by 20%

with my program. In

other words,

calcium is a

“patch”, like telling

a person with a

hemorrhage to have

daily blood

transfusions.

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options include the following: Calcitonin is a hormone produced in the thyroid gland. It slows down bone loss. Intravenous fluids hydrate you and lower calcium levels in the blood. Corticosteroids are anti-inflammatory medications.

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gooseberry, it is a

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together these two
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levels are very
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go to the hospital to
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diuretics through
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can treat
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What Causes
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Here Are 6 Known
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The current
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Hypercalcemia:
What ' s Causing a
Too-High Calcium
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7) High Blood
Protein Levels.

Check your albumin
and protein levels;

when these are

elevated they bind
more calcium and

therefore total
calcium can be

“ falsely ” high, while
your calcium

metabolism is

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out by checking
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The other 1% is in your blood and soft tissues. Eating foods rich in calcium is critical to ...

8 Foods High in

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