

What kind of calcium do I need?

Even with a healthy and balanced diet, most people still find it difficult to get enough calcium.

Calcium is the most abundant mineral in the human body. In addition to building bones and keeping them healthy, calcium enables our blood to clot, our muscles to contract, and our heart to beat.

If you are vegan, consume large amounts of protein or sodium which can cause the body to excrete calcium, have osteoporosis, are using steroids, or have bowel or digestive disorders that decrease the ability to absorb calcium – this may be you.

And besides, all calcium supplements are just not created equal.

If you shop at drug stores or discount outlets for your supplements, unfortunately, you could be doing yourself more harm than good.

The most common form of calcium found in retail stores is calcium carbonate, which comes from rocks and other non-food sources including oyster shells. It is the most commonly sold form as it is cheap and available. But it is also not easily digested or utilized by the body.

One of the best forms of calcium is calcium lactate, which is very easy to digest and absorb. It is also the most similar form in composition to the natural calcium found in the human bloodstream.

At Thorburn Chiropractic and Wellness Center, we offer the leading line of whole food nutrients, Standard Process, which is only available through doctors. We have several highly absorbable forms of calcium including calcium lactate available for purchase.

Ask me about calcium next time you are in the office.