

Safe Way to Take Calcium

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It is very common many people take CALCIUM supplements to help prevent OSTEOPOROSIS. They may be increasing their risk FOR CERTAIN CANCERS AND OTHER INFECTIONS. Taking extra or large amount of calcium uses up VITAMIN D it is serious matter because lack /deficiency of vitamin D compromise IMMUNE SYSTEM OF OUR BODY (which can cause cancer and other infections). Cancer means our body immune system is failed.

To prevent the deficiency of vitamin D you need at least 400 IU of vitamin D/day. Without taking calcium supplements you can get this by exposing a few inches of your skin to sun light each day. Rich source of vitamin D include EGGS, FATTY FISH, LIVER and BUTTER.

Now a days in stores D-SUPPLIMENTED MILKS are available please do not take such milks they are commercial and poor source of vitamin D because the calcium in milk USES UP MORE THAN THE VITAMIN D THAT IS ADDED (try to understand the medicinal chemistry of milk).

All people need 1000 mg of calcium each day. THE AMOUNT OF CALCIUM FOUND IN 4 GLASSES OF NATURAL ANIMAL MILK IS SUFFICIENT. Many people do not meet their needs for calcium from the foods that they eat. If you take calcium supplements take the recommended daily requirement of vitamin D of 400 international unit (IU).

A glass of milk contains the same amount of calcium as a cup of yogurt (Nono or dahi). A senior citizen 65 year old who drinks two glasses of milk and eat 200 gm of hard cheese gets three almond nut can fulfill the requirements of calcium and vitamin D.
