



HEALTH & HEALING

Calcium alone is not enough

by **Mike Ventresca**
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These days, the first question many doctors ask women is: How much calcium are you taking? While this is an important question, I wish doctors would start asking two different questions.



Mike Ventresca

The first is, not how much but: What *form* of calcium are you taking?

Modern research suggests the form of calcium you take is more important than the amount. A study conducted by the

Washington University School of Medicine found women who consume calcium from whole food sources have greater bone density than women who take large amounts from traditional supplements.

The second question I wish doctors would ask is: What else are you taking, besides calcium, for bone health? Countless studies demonstrate calcium alone is not enough to build strong bones or combat osteoporosis. In fact, calcium is just one note in a symphony of bone building nutrients including vitamin K and D,

magnesium, boron and little known trace elements like strontium. Recently, a two-year study of women taking strontium in addition to 500 mg of calcium daily showed bone density increases of 3% in the first year and 2.4% in the second.

Another important issue is collagen. Did you know as much as 33% of bone is made of collagen? So, if all you take is calcium, you are doing nothing to nourish and maintain one-third of every bone in your body! The mineral silica is essential to maintaining healthy collagen levels.

If you'd like to try a complete bone formula I recommend **Bone Strength™**. Bone Strength contains 685 mg of food complexed organic calcium in addition to plant sourced magnesium, strontium, silica, trace minerals, vitamins D3 & K2. How well does it work? A recent preliminary analysis found women taking Bone Strength showed an annualized increase in bone density of over 2% per year!

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional. 00116270



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