

The Calcium Lie II: What Your Doctor Still Doesn't Know: How Mineral Imbalances Are Damaging Your Health

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If you believe that bones are made of calcium, you have subscribed to The Calcium Lie. You're not alone. Most consumers and, surprisingly, most doctors, believe that bones are made of calcium. Yet any basic biochemistry textbook will tell you the truth: Bones are made of at least a dozen minerals and we need all of them in perfect proportions in order to have healthy bones and healthy bodies. If you get too much calcium, through food sources or by taking supplements, you set yourself up for an array of negative health consequences, including obesity, Type 2 diabetes, Type 2 hypothyroidism, hypertension, depression, problem pregnancies and more. This is the second edition of the calcium Lie, updated, expanded and with greater in-depth explanation of the medical problems that can be caused by mineral imbalances and solid strategies to correct them. This book gives you all the information you need to stay healthy and to regain your health if you or your doctor have been duped by The Calcium Lie.

Dr. Robert Thompson practices wellness and anti-aging medicine in Soldotna and Anchorage, Alaska. He has been a leader in medical advances throughout his career or more than 30 years. He has a great passion for helping his patients find their way back to health through replacing and balancing minerals, improved nutrition, correction of thyroid and adrenal problems and trans-mucosal bioidentical hormone replacement. See www.CalciumLie.com. Kathleen Barnes is a well-recognized health author, natural health advocate and publisher with more than a dozen books to her credit. Find her at www.kathleenbarnes.com.

Other Books

Better Homes and Gardens Baby Book,

☺ ☺ ☺ ☺ ☺ . Mention it to your doctor as he may the hemorrhoids become extremely painful . want to prescribe additional calcium . get in touch with your doctor at once . A good maternity corset and low - heeled Lying down frequently during the day ..."