



Gentle Touch Healing

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Calcium Diet

INFORMATION SHEET ...

Recommendations for Increasing Calcium Absorption

- 1. Get sufficient Vitamin D from sunshine (20% of skin exposed for 30 minutes per day). The use of full spectrum lighting is also helpful.**
- 2. Eat calcium, magnesium, chlorophyll and mineral rich foods, especially grains, legumes and seaweed. chlorophyll foods are essential. (Plants richest in chlorophyll are micro-algae and cereal grasses). Green plants have the greatest concentration of calcium of any food – it is often the simplest way.**
- 3. Exercise regularly to halt calcium loss in the bones (walk or stand daily if possible).**
- 4. If the basic diet is poor, calcium supplements will help. But in addition, you must take high mineral foods (alfalfa or kelp tablets or mineral supplements). Eat plenty of green vegetables in the diet to minimise calcium accumulations in tissues/joints).**
- 5. Pre-soak grains and legumes to neutralise their phytic acid, which binds the zinc and magnesium and calcium and other mineral in these foods. Use oxalic acid foods sparingly (rhubarb, cranberries, plums, spinach) they also bind calcium. Other calcium inhibitors are: coffee, soft drinks, refined sugar, sugar and sweet foods, excesses of protein, especially meat, alcohol and cigarettes, excess salt, and Solanum genus of vegetables (tomatoes, potatoes, eggplant and peppers).**
- 6. If dairy is used, yogurt, cottage cheese, goats milk are preferable – the fermented kinds digest more easily.**
- 7. The food groups in order of their magnesium content are: dried seaweeds, beans (including soya products), *whole* grains – (particularly buck wheat, millet, wheat berries, corn, barley, rye, rice), nuts and seeds,- (especially almonds, cashews, hazel nuts, sesame seeds), greens, wheat grass, and micro-algae (spirulina, wild blue-green and chlorella), animal products – (dairy, eggs and meat). Fruit contains the least magnesium out of all the common foods. Most refined foods are also lacking in magnesium. One other food, with the highest magnesium levels of any food besides seaweed is chocolate, but chocolate is very rich in oxalic acid, which binds calcium, so is NOT advised.**
- 8. Most of the food groups mentioned above for magnesium also contain calcium. In addition, cheese, sardines, mackerel, halibut, salmon, parsley, watercress, kale, brown rice, chicken and beef. contain calcium**

REFERENCES

Extracts from the book: “Healing with Whole Foods” by Paul Pitchford ISBN 093819064

IMPORTANT

If you are ill, please see your doctors for advice and medication. We do not advocate any advice given on this Information Sheet as a substitute for conventional medicine or medical advice – this is additional information that may help you with your illness.

We cannot guarantee that any advice given will improve every individual’s well-being or state of health. What might work for one person may not necessarily work for another.