



Coral Calcium

Stock #1873-7 (75 grams)
Stock #1899-7 (90 capsules)

NSP's Coral Calcium is a powdered mineral supplement formulated to help alkalize the body's pH levels and restore healthy mineral reserves. Coral Calcium's alkalizing pH (which registers in the alkaline pH range of 10-11) helps balance excess acid conditions by providing the body with a natural source of readily-absorbed buffering minerals. Coral Calcium also contains montmorillonite for added nutritional benefits.

The wisdom of ancient cultures, which professes that 'health lies in balance,' is no less true today than in ages past. The health of the body clearly depends on its ability to maintain a state of internal equilibrium, which includes the balance between the acidity and alkalinity (expressed in terms of pH) of the bodily fluids such as blood and saliva. Research has shown that maintaining a pH that is slightly alkaline (just above 7.0) is critical to cellular health, since degenerative disease conditions, including cancer, proliferate in an acidic pH environment (pH below 6.5). Numerous studies have confirmed that cancerous tissues

demonstrate a lower, more acidic pH. Likewise, evidence is beginning to emerge indicating that an acidic pH impairs both lymphocyte (white blood cell) production, as well as cytotoxicity (cell-destroying ability).¹⁻⁹

Unfortunately, the typical Western diet actually promotes a state of chronic, low-level acidity, to the detriment of basic health and well-being. When carbohydrates, fats and proteins are metabolized (broken down through digestion), they produce inorganic and organic acids such as lactic acid and phosphoric acid. These acidic substances must be buffered or neutralized through combination with alkaline minerals derived from the diet before they can be eliminated from the body through the urine. However, in the absence of alkali reserves created from the metabolism of fruits and vegetables, the body will extract alkalizing minerals such as calcium and magnesium from mineral reserves stored in the bones. Chronic overproduction of metabolic acids (metabolic acidity) thus leads to the accelerated loss of calcium and other minerals, resulting in both a depletion of bone tissue and, as mentioned previously, a disposition to chronic degenerative and autoimmune illnesses. Therefore, re-establishing the body's health-promoting, slightly alkaline pH is essential to the regeneration of competent immune function and overall health.^{1,2,10}

Fortunately, correcting an acidic pH condition is relatively simple, according to Dr. Susan E. Brown, Ph.D., author of *Better Bones, Better Body* and director of the Osteoporosis Education Project in New York. In order to avoid the bone-depleting, disease-promoting effects of metabolic acidity, individuals should follow a diet that is rich in alkalizing fruits, vegetables, lentils, nuts, etc.; limit the intake of animal protein to 4 ounces per day and restrict total protein intake to 50-60 grams per day; maintain a fat intake that is no more than 15-20% of total calorie intake; drink fresh vegetable juice, which is a very rich source of buffering minerals; drink 64 ounces of high mineral (highly dissolved solids) spring water daily; and use alkalizing nutritional supplements, such as bioavailable minerals.¹⁰

Coral-derived calcium is an ideal "alkalizing" supplement. Fossilized coral has been found to be a plentiful source of easily-absorbed calcium, magnesium and other acid-buffering minerals. In fact, coral was one of the first "antacids" used by ancient man to relieve dyspepsia, otherwise known as acid indigestion or heartburn. Fossilized coral actually contains nearly 70 different minerals and trace minerals, with calcium found in the highest concentration and in the proper 2 to 1 ratio with magnesium. In addition, coral-derived calcium supplements have a better absorption rate than many other calcium supplements, since the calcium in coral is quickly bioavailable to the body—coral minerals are naturally chelated (bound to a carrier molecule), which makes the minerals both readily absorbed and biologically functional (able to be used by the body). A recent study conducted by Japanese researchers on coral from the Ryukyu Islands confirmed that coral-derived calcium is better absorbed from the intestine than calcium from calcium carbonate. Fossilized coral, which is the result of the natural disintegration of old coral reefs, washes up on the shores of the Ryukyu Islands, southwest of Okinawa, Japan, and is harvested and utilized as a natural dietary supplement. Coral-derived calcium supplements are added to drinking water and consumed in order to maintain a healthy pH in the body.^{3,5,11-13}

Montmorillonite, named after the town of Montmorillon, France, where it was first identified, is a mineral-rich clay that belongs to a group of clays known as smectite. Smectite clay, which formed over time from volcanic ash deposits, is structurally unique compared to other mineral clays, due to its ability to both absorb substances (i.e. toxins) into its internal structure, as well as its ability to adsorb toxins—positively charged toxins are attracted to the negatively charged edges of the clay material. Smectite clay has been found to adsorb viruses, bacteria, toxins and other intestinal irritants resulting in the protection of the gut mucosa. Smectite has also been shown to neutralize the activity of *Clostridium difficile* and *Bacteroides fragilis* toxins in vitro—the former causes diarrhea, abdominal

pain, severe inflammation of the colon (colitis), fever, an elevated white blood count, vomiting and dehydration; the latter causes diarrhea and intestinal inflammation. In addition, smectite has been used as an effective antidiarrheal agent in children and adults with both acute and infectious diarrhea, with no impact on the adsorption of electrolytes, and has been shown in a double-blind controlled study to reduce the frequency and duration of gastroesophageal reflux (an inappropriate backwash of stomach contents into the esophagus, also known as acid reflux) in newborn infants. Thus, consumption of montmorillonite clay is valued for its antidiarrheal, detoxifying, alkalizing and mineral supplementation potentials.¹⁴⁻²⁷

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