

THE MINERAL OF LIFE

CALCIUM

“YOU CAN TRACE EVERY SICKNESS, EVERY DISEASE, AND EVERY AILMENT TO A MINERAL DEFICIENCY”. – DR. LINUS PAULING

BY SIMONA STEPANCIC

Minerals are essential to our health. They support every organ in the body; they play a vital role in transmitting nerve impulses, controlling blood pressure, heart beat, muscle function and blood clotting, and they are necessary for proper functioning of vitamins, enzymes and hormones.

Minerals cannot be made by living organisms; they must

be obtained through organic plant-sources. Minerals are inorganic substances found in the earth where rocks and stones have been weathered for millions of years to form the basis of soil. The rich nutrients from the soil are then passed on to plants to nourish human and animal tissues.

TYPES OF MINERALS

There are two kinds of minerals. First are macrominerals (macro means "large" in Greek), which are needed by the body in large daily amounts. Second are "trace minerals", which are needed by the body in very small daily amounts.

In this article I would like to explore Calcium, the most abundant mineral of all the minerals in the body.

CALCIUM FUNCTIONS

Calcium has a number of important functions. The entire skeleton depends on calcium. It builds bones, teeth, improves nerve transmission, helps with contraction of muscles and helps regulate heart beat. Our body continually removes and replaces calcium from our bones as they grow. Bones are not static, but are living tissue in the body.

BENEFITS OF CALCIUM

- Forms strong bones and teeth
- Maintains healthy gums and regular heart beat
- Transmits nerve impulses

- Lowers cholesterol
- Prevents cardiovascular disease and muscle cramps
- Essential in blood clotting
- Provides energy
- Breaks down fats
- Maintains proper cell permeability
- Needed for muscle growth and contraction

WHERE TO FIND CALCIUM

Dark green leafy vegetables, asparagus, cabbage, cheese, broccoli, dandelion greens, dulse, kale, kelp, carob, prunes, figs, sesame seeds, horstail, flaxseeds, fennel seeds, turnip greens, watercress, parsley, sardines, salmon and cheese.

CALCIUM DEFICIENCY

A deficiency in calcium results in high blood pressure, insomnia, muscle cramps, nervousness, eczema, tooth decay, depression, hyperactivity, brittle nails, aching joints and colon cancer.



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RECIPES

PAPAYA, MANGO AND FRESH FIG SALAD

This salad is my sweet temptation

- ½ large papaya, peeled and cubed
- 1 mango, peeled and chopped
- 4 fresh figs, chopped
- ½ lemon juice
- 1 tsp. cinnamon

Combine all ingredients together and sprinkle with cinnamon.



SHREDDED GREEN CABBAGE WITH HIJIKI SEAWEED AND SCALLIONS

Very good for those who like to experiment

- 1 green raw cabbage, small size, shredded
- Hijiki seaweed soaked, drained
- 3 scallions, chopped
- 1 tsp cilantro or parsley, minced
- Bragg aminos to taste
- 2 tbsp extra virgin olive oil, cold pressed
- ½ lemon, freshly squeezed

Soak Hijiki seaweed in cold water 15 to 20 minutes. Drain Hijiki and mix with shredded cabbage and scallions. Season with Bragg aminos, lemon, olive oil and sprinkle with cilantro.



PARSLEY SPINACH AND WATERCRESS JUICE

- ½ cup parsley
- 1 bunch baby spinach
- ½ cup watercress

Mix parsley, baby spinach and watercress in a juicer. Stir and pour into a glass.