

Better than Calcium Carbonate

Sl No.	Parameters	Calcium Carbonate	Calcium Orotate
1	GI discomfort	Yes	No
2	Constipation	Yes	No
3	Formation of non absorbable complex with Fe & Mg	Yes	No
4	Interference with Fe absorption	Yes	No
5	Calcification in Kidney	Yes	No



Conventional calcium e.g. Calcium Carbonate depends on Vitamin D for absorption. Vitamin D causes this undesirable effect.
As Calcium Orotate does not depend on Vitamin D for absorption, **Easycal** doesn't cause stone formation in kidney.

Ref.: globalhealingcenter.com/supplements/intracal

So, **Easycal** works better than Calcium Carbonate

Calcium Orotate Absorption

Ross Trattler, N.D., D.O., Shea Trattler

Calcium Orotate Absorption:

The New Bible Cure For Osteoporosis Don Colbert, 2011-11-28 Osteoporosis You can prevent and even reverse bone loss How strong are your bones In this concise easy to read book you ll discover a wealth of information that will help you build and maintain healthy bones no matter what your age Learn biblical secrets about health and the latest medical research on how to overcome osteoporosis Dr Colbert has taken the confusion away from osteoporosis and made it simple and east to understand This book contains findings that your own doctor never may have told you including Surprising facts about your emotions and your bones Steps you can take today to reverse bone loss and add new bone density Powerful foods and supplements for powerful results [Clinical Naturopathic Medicine](#) Leah Hechtman, 2018-09-19 New chapters Diagnostics Case taking and treatment and Nutritional medicine Dietary Rigorously researched with over 10 000 references from the latest scientific papers and historical texts Every section chapter system and condition has been expanded and updated to the latest recommendations [Clinical naturopathic medicine - eBook](#) Leah Hechtman, 2013-06-03 Clinical Naturopathic Medicine is a foundation clinical text integrating the holistic traditional principles of naturopathic philosophy with the scientific rigour of evidence based medicine EBM to support contemporary practices and principles The text addresses all systems of the body and their related common conditions with clear accessible directions outlining how a practitioner can understand health from a naturopathic perspective and apply naturopathic medicines to treat patients individually These treatments include herbal medicine nutritional medicine and lifestyle recommendations All chapters are structured by system and then by condition so readers are easily able to navigate the content by chapter and heading structure The content is designed for naturopathic practitioners and students both undergraduate and postgraduate levels and for medical and allied health professionals with an interest in integrative naturopathic medicine detailed coverage of naturopathic treatments provides readers with a solid understanding of the major therapeutic modalities used within naturopathic medicine each system is reviewed from both naturopathic and mainstream medical perspectives to correlate the variations and synergies of treatment only clinically efficacious and evidence based treatments have been included information is rigorously researched over 7500 references from both traditional texts and recent research papers the content skilfully bridges traditional practice and EBM to support confident practitioners within the current health care system

Yoga Journal , 1988-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *Preventing and Reversing Osteoporosis* Alan Gaby, M.D., 1995-04-19 You Can Fight and Even Reverse Bone Loss How strong are your bones At 35 a woman s battle against bone loss begins And it intensifies with menopause and beyond Conventional medicine has offered such controversial therapies as

estrogen replacement a treatment that is potentially dangerous and only partially effective Now Dr Gaby one of the foremost authorities on nutritional and natural medicine offers practical advice on osteoporosis that substantially increases a woman's chances for maintaining and even regaining normal bone mass Inside you'll learn How diet can help or hurt your bones How food allergies contribute to osteoporosis Which types of exercise are beneficial Why vitamin K is as important for bones as calcium And much more A breakthrough approach to the successful treatment and/or prevention of osteoporosis Health News Review Clear and practical This book will help thousands of women create healthy bones And for those who already have osteoporosis it provides solutions and hope Christiane Northrup M D F A C O G bestselling author Women's Bodies Women's Wisdom

30-Day Natural Hormone Plan Erika Schwartz, 2007-10-15 An expert in natural hormone supplementation presents a comprehensive program to help women feel younger without hormone replacement therapy The symptoms of hormone imbalance are all too familiar for the millions of women who suffer from hot flashes depression night sweats insomnia mood swings and loss of libido on a daily basis Many of these women turn to synthetic hormone replacement therapy commonly known as HRT for relief But HRT can lead to other serious health issues including a higher risk of breast cancer heart disease and stroke Now Dr Erika Schwartz presents an effective and safe alternative to HRT a proven 30 day program that includes a natural hormone regimen and dietary advice as well as information on exercise vitamins and supplements The 30 Day Natural Hormone Plan can help women alleviate symptoms of hormone imbalance and keep them looking and feeling young

Foundations of Naturopathic Nutrition Fay Paxton, 2020-07-16 Nutrition is a vital part of the complementary approach to health This uniquely comprehensive and evidence based text provides a detailed and systematic guide to the principles of clinical nutrition from a naturopathic perspective The text begins with an overview of basic physiological principles and the body's protective systems such as the antioxidant detoxification and immune systems The focus then moves to an in depth examination of food components including essential nutrients such as protein lipids carbohydrates vitamins minerals and trace elements as well as nutritional bioactives such as coenzyme Q10 alpha lipoic acid phytochemicals digestive enzymes and probiotics There is detailed information on how each food component is digested and metabolised in the body and guidance on its impact on health including an explanation of the effects of inadequate and excessive intake The types of supplements available together with dietary sources are also explored Discussions of important nutritional topics are featured for example water as therapy obesity anorexia nervosa high protein diets hypoglycaemia diabetes phytosterols gamma tocopherol vitamin E and mortality vitamin C and cancer infantile scurvy acid forming and alkaline forming diets hair analysis sodium and blood pressure and coenzyme Q10 and cancer Summary boxes case studies and quizzes will help readers consolidate their knowledge Foundations of Naturopathic Nutrition is an essential reference for everyone studying nutrition from a complementary health perspective I thoroughly recommend this book as a learning aid for students and as an excellent reference guide for experienced practitioners Jackie Day President Naturopathic Nutrition

Association UK A fabulous resource not only for practitioners but also all those with an interest in nutrition Professor Alan Bensoussan Director National Institute of Complementary Medicine University of Western Sydney The foundation nutrition text we've all been waiting for Fay Paxton has drawn from her many years of clinical nutrition experience combining it with relevant research based evidence to produce an exhaustive body of work that is unique in its specific relevance to naturopathic and complementary medicine students and practitioners David Stelfox Associate Program Leader Naturopathy Endeavour College of Natural Health

Treating Cancer with Herbs Michael Tierra, 2003 Cancer is the scourge of our age More than any other disease cancer has captured our fears and projected despair throughout society Our bodies have become the experimental real life testing grounds for countless chemical toxins pollutants refined foods and stresses These toxins are clearly exerting their effect in the rise of numerous forms of cancer striking every part of our bodies The medical profession is attempting to attack these cancers with every available form of chemical radiation and invasive surgery While modern medicine has long recognized the healing potential of herbs some of the most commonly used cancer medicines were originally developed from herbs we have been indoctrinated to believe that surgery radiation and chemical therapies are the only successful procedures even though they tend to fail much of the time and may actually destroy the quality of life to such a degree that many believe the cure is worse than the disease There is another approach to the treatment of cancer Finding cancer's root causes and applying a holistic understanding of lifestyle diet stress reduction and appropriate nutritional and herbal support can strengthen the body and its immune system restore the spirit and balance the psyche of the cancer patient With this integrative approach a healthy mental and emotional balance joins a healthy approach to life to truly treat cancer Not every cancer patient is cured but every patient is brought to a state of understanding which in many cases leads to what appear to be miraculous remissions In other cases it allows the individual to experience a quality of life and passing uncommon in our society the ability to face life and death with dignity and a sense of completion Book jacket

Calcium and Magnesium Rudy Silva, 2019-05-09 Calcium Calcium and magnesium are not only working in your bones but is found in lymph liquid and tissue and cells You don't want to be short on calcium and magnesium These two minerals work together to keep your body working as it should Calcium is one of the most active minerals working in your body to keep you alive It gives a solid structure to your bones and is involved in muscle contractions with magnesium By knowing as much as you can about calcium and magnesium and applying this knowledge you give yourself a chance to live a better and longer life Calcium and Magnesium are prime minerals that are active in trapping body acids This single benefit that these minerals provide you should motivate you to discover how you can best use these minerals to create an alkaline body An alkaline body is what you should strive for if you want to avoid serious illnesses But both these minerals give numerous benefits that you should know about

FDA Consumer, 1989 *A Guide to Vitamins and Their Effects on Diseases* Ahmet Ata Alturfan, Ebru Emekli-Alturfan, 2023-03-28 This book provides a contemporary comprehensive and general review of vitamins and the role of

vitamins in diseases In the first part of the book readers will be informed about fat soluble and water soluble vitamins vitamin like substances how they work in the body their absorption storage transport their recommended daily allowances deficiencies and toxicity In the second part readers will discover how vitamins affect several diseases and learn about their mechanism of action in diseases The second part will also explore vitamin related minerals such as calcium phosphorus magnesium potassium copper and zinc The book is unique in that it reveals the mechanism of action of each vitamin in relation to conditions such as the metabolism autoimmune diseases degenerative systems infectious diseases and aging This book serves as a brief but beneficial guide for academic institutions health professionals practitioners medical and dentistry students nutritionists and pharmacists

Medical Astrology Eileen Nauman, 1996-05-01 Health A holistic approach to medical astrology Eileen Nauman inventor of the Med Scan Technique explores medical astrology through signs planets and aspects She makes the complex simple for anyone to understand and utilize Astrology Part I is the medical astrology guide Seven case histories show the efficacy of medical astrology in action and how it can help not only the patient but the medical doctor and health practitioner as well Medical transits are discussed in detail Nutrition Part II is a guide to nutrition Information on vitamins mineral homeopathy the endocrine system and Bach Flower Remedies empowers the reader to find everything in one book A glossary of medical terms is included Her web site www.medicinegarden.com has many more articles on medical astrology information on flower and gems essences and other related fields of interest

Your Aging Body Can Talk Susan Levy, 2017-06-12 Written by a chiropractor and alternative health practitioner with over 30 years of experience this book addresses health and wellbeing of body mind and spirit for an aging population 50 Uniquely this material is presented through the lens of Clinical Kinesiology This simple self help tool of muscle testing allows readers to find out what their own body knows and needs They learn that the body speaks through either strong or weak muscle responses to questions asked or situations presented and are instructed in how to do this simple self testing for a variety of health issues Stories of other seniors who have used this methodology to their benefit provide a platform for acceptance and motivation and each chapter contains specific recommendations for its use How to become a wise elder is another unique emphasis of this book The author encourages us to learn from many different cultures and traditions a more life positive view of aging In fact she coins the word Youthing to describe such a re orienting of mind purpose and activity toward optimum vibrancy and flexibility leading to longevity Stories of successful transitions into elderhood give hope to those who are confused or anxious about becoming older Since the body's health is intimately related to that of mind and emotions a Youthing approach will be characterized by equanimity gratitude forgiveness and dynamic relationship with others Her many exercises and suggestions are designed to encourage readers to value themselves as worthwhile wisdom contributors You can assume the stance of a respected elder she declares even if the surrounding culture does not immediately support that In other words readers are invited to be the change they want to effect Far from being a scholarly or scientific text Your Aging

Body Can Talk is written for immediate use by maturing practitioners or laypersons Throughout the book the concerns of an aging population are consistently placed in the forefront How to develop an anti inflammation diet and lifestyle The factors that affect longevity How to build cognitive health and brain vibrancy How to find or refine your life s purpose no matter what your age Why detoxification is so essential at any age Nutritional Biochemistry Explained Alexandra Preston,2014-07-22 The purpose of this book is to explain basic nutritional biochemistry to current and future students of complementary and alternative medicine nursing dietetics and other fields where the study of nutritional medicine is relevant It is based on the author s tutoring notes **Revitalize Your Hormones** Theresa Dale,2007-08-10 Contrary to popular belief radiant health and positive aging are your birthright Dr Dale s natural healing protocol gives you all the tools you need to manage your health destiny for maximum mind body balance and well being Dr Earl Mindell I have seen Dr Theresa Dale s program give relief to hundreds of my patients and a new outlook on life to so many women I offer it to all of my patients without reservation Christine Staub m d A scientifically proven 100 percent natural way to restore your body s hormonal balance and to become the beautiful sexy vibrant woman you were meant to be Hormone replacement therapy is highly controversial and many women refuse it But that doesn t mean you have to learn to live with hot flashes diminished libido and all the other so called normal symptoms of aging Optimum health energy sex drive and happiness can be yours Revitalize Your Hormones shows you how to have them all safely and naturally without risky hormone replacement treatments World renowned naturopathic physician Dr Theresa Dale explains that no matter what your age your body already knows how to produce optimal amounts of hormones it s all a matter of stimulating it to do so More importantly Dr Dale arms you with a scientifically proven 7 step program for hormone rejuvenation developed and refined over her twenty years of research and clinical experience An easy enjoyable 100 percent natural approach to restoring your body s hormonal balance and reversing the appearance of aging the program includes A hormone revitalizing diet and nutritional program including many scrumptious recipes A whole body detoxification program A personal biological age assessment quiz Expert guidelines on hormone rejuvenation and healing through homeopathy Step by step action plans to help you gauge your progress and stay on track Let Dr Dale show you how to help your body do what it was designed to do and start looking and feeling your best

Herb, Nutrient, and Drug Interactions Mitchell Bebel Stargrove,Jonathan Treasure,Dwight L. McKee,2007-12-06 Presenting detailed evidence based coverage of the most commonly encountered therapeutic agents in modern clinical practice this resource is designed to help you safely and effectively integrate herbal nutrient and drug therapy for your patients or clients Combining pharmaceuticals with herbs or supplements may complement or interfere with a drug s therapeutic action or may increase adverse effects Additionally drug induced depletion of nutrients can occur Comprehensive clinical data quick reference features and the insight and expertise of trusted authorities help you gain a confident understanding of how herbal remedies and nutritional supplements interact with pharmaceuticals and develop safe

individualized treatment strategies for your patients More than 60 comprehensive monographs of herb drug and nutrient drug interactions cover the most commonly used herbs and nutrients in health related practice and help you coordinate safe reliable therapy Each herb and nutrient monograph features summary tables and concise practical suggestions that provide quick and easy reference and complement the systematic review and in depth analysis References included on the bound in CD provide high quality evidence based support Unique icons throughout the text differentiate interactions evidence and clinical significance Up to date information keeps you current with the latest developments in pharmacology nutrition phytotherapy biochemistry genomics oncology hematology naturopathic medicine Chinese medicine and other fields A diverse team of authoritative experts lends valuable trans disciplinary insight

Better Health through Natural Healing, Third Edition Ross Trattler, N.D., D.O., Shea Trattler, 2013-10-15 The definitive reference book for alternative medicine health and healing nutrition herbs and herbal medicine and natural health care is fully updated in this third edition First published in 1985 Better Health through Natural Healing has become one of the most successful and authoritative resources of its type with more than 1.5 million copies sold worldwide Since the original publication of this comprehensive guide alternative therapies have become more and more accepted by the mainstream and patients and practitioners of the wider medical community are embracing complementary medicine as an effective treatment option for a range of medical conditions This third edition has been fully revised by Dr Ross Trattler with the assistance of his son osteopath Shea Trattler to encompass recent developments in holistic medicine and healing The first part of the book clearly explains the principles of natural medicine including diet osteopathy naturopathy botanical medicine hydrotherapy physiotherapy and homoeopathy The second part offers practical advice for the treatment of over 100 common diseases and ailments that individuals and families face The A Z compendium ranges from acne and alcoholism to menstrual disorders and migraines to warts and whooping cough A comprehensive self help guide to natural medicine Better Health through Natural Healing is an essential reference book for health care practitioners and for anyone seeking to heal illness effectively with natural treatments

Natural Standard Herb & Supplement Guide - E-Book Natural Standard, 2016-07-28 Covering 400 herbs and supplements Natural Standard Herb Supplement Guide An Evidence Based Reference provides the high quality up to date unbiased information you need to advise your patients No other book can match its expertise and attention to evidence Each monograph is concise and easy to read and includes uses dosage information safety considerations and interactions with drugs and other herbs and supplements At a glance research summaries and an alphabetical organization allow for quick lookup in busy settings Monographs for the 400 most commonly used and prescribed herbs and supplements such as arnica ginseng lavender glucosamine and blue cohosh provide the information you need for effective clinical decision making A unique evidence based A F grading scale evaluates the efficacy of each herb and supplement Unique Rating scales show at a glance the quality of available evidence Updates are peer reviewed and include new scientific evidence dosage

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Robert A. Ronzio,2003 Presents articles on a variety of topics related to eating and nutrition **Cumulated Index Medicus**
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