

Ask the Herbal Pharmacist About Coral Minerals

by Dave Foreman, R.Ph., N.D.



Why is buying coral calcium/minerals like doing one-stop shopping for your mineral supplement needs? This month, Herbal Pharmacist Dave Foreman tells how and why he became a coral calcium fan.

We are a mineral-deficient society. Face it, not only does the typical American diet lack minerals, but even if you tried to eat a diet high in foods typically containing minerals, you are still probably coming up short. Reasons contributing to mineral deficiencies include: our soils are depleted; we take medications that deplete certain nutrients; we consume processed foods; and the list goes on.

Minerals are naturally occurring crystalline elements of inorganic origin. They originate from the ground or water. Perhaps most important, yet most overlooked, are the trace minerals. Trace minerals are found in the body in very small amounts. Even though they occur in such small quantities, the importance of supplementing them should never be overlooked. There are 31 common trace minerals and some examples of these are chromium, selenium, iodine, zinc, and sulfur.

The many functions of minerals in the body include: formation of bone; healthy nerve function; regulating muscle tone; energy production; growth; healing; and hundreds if not thousands of other amazing functions we don't have space for in this article.

Every living cell depends on minerals for either proper function or structure. Science has shown that type 2 diabetics have lower levels of minerals like chromium and magnesium than people who are not type 2 diabetics. Osteoporosis and osteopenia are becoming epidemic. Again, the lack of the right minerals like calcium, magnesium, zinc, etc., contributes to this health issue. Oh, don't forget the energy crisis. Millions of women are suffering from fatigue due to anemia—another condition with links back to mineral deficiencies.

Conditions like heart disease, diabetes, cancer and many others all have links to lower than normal levels of key minerals that help maintain good health. Over 150 different diseases have been linked to mineral deficiencies. Many of these deficiencies are with the trace minerals and

are virtually impossible for a doctor to diagnose. Minerals also play a critical role in raising the pH of the body back to its natural, healthy levels. A higher pH (alkaline) is important because most disease thrives in a low pH (acidic).

So, what is a person to do? As a pharmacist and doctor of naturopathy, it is a simple answer. Supplement your diet. With what you ask? Well, you could go out and buy each mineral separately, but then you run the risk of impacting your body in a negative way. For example, if you take copper, you run the risk of depleting zinc. If you take zinc by itself, you run the risk of depleting copper. Taking calcium without magnesium will contribute to the ineffectiveness of your calcium supplement and poor bone health. The list goes on and on.

Why not look to Mother Nature for the answer? She has provided us with the most complete and balanced mineral supplement all in one place—fossilized stony coral. I was skeptical about “coral calcium” (as some people call it) for a long time.

However, after reading many articles and books on the subject, I have since become a fan. Organic fossilized stony coral is like one-stop shopping—Mother Nature's perfectly balanced mineral supplement in a “whole food” form. The whole food form helps the body absorb and retain the nutrients better.

Resources

After much research, we have found that Coral Inc. distributes excellent eco-safe, above-sea coral calcium and that the product is highly esteemed for purity, potency, and ecology.

Coral Complex from Coral Inc. was the first (1999) powdered coral capsule product in the United States. With the addition of **vitamin D₃**, this formula has become the most popular and successful coral capsule formula in the nation. (Vitamin D aids calcium absorption and is a critical ingredient in calcium supplements.)

Eco Pure Coral from Coral Inc. consists of 100 percent pure coral powder. Nothing has been added to the coral. The coral powder is extremely fine—so fine, in fact, that a small amount on the tongue simply absorbs through the mouth; one does not even need to swallow.

Both **Coral Complex** and **Eco Pure Coral** are available at many health food stores nationwide. To find a store in your area, call the company toll-free at (800) 882-9577. We also urge you to visit their website at www.coralcalcium.com for information about this vital, mineral-rich supplement.

Organic stony coral minerals contain a balance of 74 minerals including every mineral found in the human body. The natural balance of all 74 minerals is important because each mineral requires other minerals to do its job and, in turn, those minerals require different supporting minerals. All minerals must be present for any one mineral to work properly.

The organic nature (previously digested by an animal) of the coral minerals is also important. It is very difficult to digest and absorb minerals, especially inorganic minerals. Fossilized stony coral minerals are highly absorbable. What makes the coral minerals so absorbable is their natural ability to become ionic (disperse in water) upon contact with moisture. This natural ability to go ionic combined with the completeness and whole food form makes fossilized coral minerals one of the best minerals available to the body.

In summary, consuming fossilized stony coral minerals as a part of your regular everyday diet is a sound way to ensure you're not missing the minerals that sustain life. ■

Dave Foreman, R.Ph., N.D., is a pharmacist, naturopathic doctor, author, television commentator, radio host and practitioner of natural living and holistic approaches to better health. Dave has lectured at some of America's leading universities, medical groups and hospitals on the subject of natural health and healing. You can hear Dave's radio program, *The Herbal Pharmacist*, on radio stations throughout the United States. Visit www.herbalpharmacist.com for more show information.

