

Calcium - Don't Take It!

Excess Calcium is Deadly.

“Supplementing Calcium Does Not Help Your Bones, But Hurts Your Heart and Brain.”



Calcium and AD

The New York Academy of Sciences assembled a book titled, “The Calcium Hypothesis of Dementia,” based on a summit on the topic. A classic paper included in the books is titled, “The calcium rationale in aging and Alzheimer's disease.” Here are a couple of conclusions:

1. The pivotal role of calcium in so many neuronal processes dictates the need for precise regulation of its levels. Any dysregulation, however subtle, could lead to dramatic changes in normal neuronal function.



2. In the aging brain, transient or sustained increases in the average concentration of free calcium contribute to impaired function, eventually leading to cell death.

“The safety and efficacy of calcium supplements in preventing bone loss is being called into question.” - NY Times, 4/8/13

The United States Preventive Services Task Force recommended that postmenopausal women refrain from taking supplemental

calcium. After reviewing more than 135 studies, the task force said there was little evidence that these supplements prevent fractures in healthy women.

Moreover, several studies have linked calcium supplements to an increased risk of heart attacks and death from cardiovascular disease.

Dangers of Too Much Calcium - NYTimes

Calcium is an important nutrient for bone health, but new research show that older women who take supplements are at increased risk of heart disease and death. Women who consumed 1,400 mg or more of calcium a day had more than double the risk of death from heart disease, compared with those taking lesser amounts. These women also had a 49 % higher rate



of death from cardiovascular disease, and a 40 % higher risk of overall death. “If you have a normal diet, you don't need to take calcium supplements,” said Dr. Karl Michaëlsson, a professor at Uppsala University in Sweden. “Calcium supplements are useful if you have a very low intake of calcium, but few women have such a low intake.”