

Bone Health - Calcium May Not Be Enough! (Part 2 of 2) (Addendum to “How To Grow Healthy Bones”)

In Part 1 of this 2-Part article, I shared that for decades, the Clinical Nutrition Analysis of Laboratory Reports, testing new client biochemistry for those who regularly consume Calcium supplements, has revealed that many still have a Calcium imbalance (deficiency or excess) and/or Calcium-related health challenges, due to one or more of seven (7) biochemical factors.

FACTORS #1 TO #3: In Part 1, I listed all seven factors and expounded upon Factors #1 to #3 which are: 1) Taking too much or too little Calcium, 2) Taking the wrong type of Calcium for their biochemistry (there are 250,000 types of Calcium), and 3) Taking the wrong type of Calcium when their diet is either too acid or alkaline. In Part 2 of this article, I will expound on Factors #4 to #7 of the seven primary biochemical factors.

FACTORS #4 TO #7 are: 4) The inability to metabolize Calcium, 5) Imbalances in other vitamins/minerals that affect

Calcium, 6) Parathyroid dysfunction, and/or 7) Mental, Emotional and/or Physical Stress. So, let's take a closer look as to why...

#4 to #5 – Even when taking the right Calcium, Calcium imbalances occur when unable to metabolize Calcium to transport it into the cells/tissues.

Calcium metabolism requires the sufficiency of certain vitamins and minerals, to name a few: Vitamin D is required to transport Calcium from the Gut to the Blood; Vitamin F to transport Calcium from the Blood to the Tissue AND specific Minerals, along with their correct ratios are required, such as the Calcium to Potassium or Calcium to Phosphorus ratios. Otherwise, too much Potassium prevents Calcium absorption, and too little Phosphorus forces Calcium out of the body, and so on.



“Take Time for Your Health or Make Time for Your Disease!”

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Calcium levels. Ex: one of the causes of Vitamin D deficiency is too much Vitamin F. So, Vitamin D deficiency and/or excessive amount of Vitamin F can cause a Calcium imbalance.

#6 – The parathyroid glands control the amount of Calcium in your bones. Therefore, a parathyroid dysfunction leads to a decrease in bone turnover. When hypo-parathyroid, you lack muscle Calcium, leading to Rheumatoid and Osteoarthritis; when hyper-parathyroid, you have too much old tissue Calcium, which also causes Osteoarthritis.

#7 – Calcium is a natural tranquilizer for the nervous system, so Calcium is rapidly depleted when under stress. Therefore, Stress requires mon-

Sufficiency and ratio balance of Calcium-related nutrients are also essential for optimal

itoring Homeostasis test values to maintain optimal Calcium replenishment.

After reading the above, you may be thinking “Wow, Nutritional Biochemistry is quite complicated!” And you would be right! This is why guessing, rather than testing, for which Calcium and/or other supplements you need, causes more health challenges.

Optimal Bone Health means your test results are in Homeostasis for Calcium, Calcium-related nutrients, the 7 Factors affecting calcium balance, and parathyroid gland function. Homeostasis lab ranges are identified by a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry, specifically, blood, hair, and saliva hormones. Whereas the ranges on the Laboratory Report itself represent life-threatening and/or disease states.

For more information, please read about “Lab Testing and Supplements” on our website, AdvancedClinicalNutrition.com.

In closing, this 2-Part article

is an addendum to “How To Grow New Healthy Bones! [Bone Resorption Urine Test – Safe, Effective & Radiation-Free]” The Villager, 05/19/22, Pages 30 & 32, if you have not already read this article, please do so.

To evaluate the Seven Biochemical Factors as they apply to you, to repair and grow new healthy bones and/or improve the function of any area of the body, please call me at (940) 761-4045. First Consultation Free!

Dr. Smith is the owner of ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Texas, with clients residing in 37 U.S. states and seven international countries. Since opening her business, she has continued to hold a successful track record of over 90% in helping her clients improve their health, and she can help you, too, no matter where you live.

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EPA announces \$38 million WIFIA loan to modernize water infrastructure in Englewood

Nationally, 88 WIFIA loans are financing nearly \$33 billion in water infrastructure upgrades, creating 100,000 jobs

The U.S. Environmental Protection Agency (EPA) announced a second Water Infrastructure Finance and Innovation Act (WIFIA) loan to the City of Englewood for \$38 million to support the City's drinking water initiative, the One Water Modernization Program. With EPA's WIFIA loan, Englewood will protect its drinking water system from the impacts of extreme weather events and reduce exposure to lead while promoting regulatory compliance.

“Drinking water utilities across the country, but most certainly in the west, are facing compounding issues – aging infrastructure, emerging contaminants, climate impacts, and severe drought,” said EPA Office of Water Assistant Administrator Radhika Fox. “I'm thrilled that Englewood will be using their second WIFIA loan to increase resiliency and provide cleaner, safer water, all while saving their



residents money and creating good-paying jobs. These are the exact types of projects that EPA will be funding through the Bipartisan Infrastructure Law in communities across the country.”

“Colorado Front Range communities must prioritize resiliency as we continue to grow and as climate change brings about and intensifies extreme weather,” said EPA Regional Administrator KC Becker. “By taking advantage of EPA's WIFIA loan program, the City of Englewood is leading the pack, prioritizing clean water access while creating good-paying jobs.”

Englewood, Colorado, is located in a water-constrained and rapidly changing region. As a result, the city is pursuing a comprehensive water infrastructure modernization plan called One Water Modernization

Program. With this loan, Englewood will modernize its drinking water treatment and distribution systems to be more resilient during floods, blizzards, and other extreme weather events. The city will also replace thousands of lead service lines, improve drinking water taste and odor, and increase water supply by 290 acre-feet of water per year. Additionally, homeowners will be converted from flat rate, non-metered water services to a metered system to save customers money and promote water conservation.

“The EPA's \$38 million WIFIA loan will be critical to modernizing our water treatment plant, addressing lead service lines, and making our water system safer and more resilient,” said Englewood Mayor Othoniel Sierra. “We feel very fortunate to access this level of

funding with much lower borrowing costs. It allows

the City to make these critical improvements while keeping rates affordable for our customers.”

Englewood will save approximately \$15.7 million by financing with a WIFIA loan. Construction and operation are estimated to create approximately 565 jobs.



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