

Calcium From Herbs Info:

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Formulated by Dr. Cynthia Foster, using the highest quality organically grown and wildharvested herbs. Bio-Potentized™ with Vibrational Technology

Suggested Use: Shake well before use. Take one to two droppers full in 2 ounces water or juice 3 to 4 times daily. To evaporate alcohol, add dose to 2 ounces boiling water and let cool before consuming. If desired, add natural sweetener to taste.

How much is a dropper full? (one dropperful means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up. That's it. That's a dropper full. It usually looks halfway full. If you count the drops, it's about 30 to 35 drops.

(Continued on next page)

What is this formula good for?

These herbs do not just help the bones, they also help many other problems as well, including the following uses:

- Rebuild nerves and nerve sheath (shattered nerves, nervous breakdown, damaged nerves, neuralgias, etc.)
- Relax overactive or irregular heartbeat
- Build healthy bones or repairing damaged bones and/or torn cartilage
- Keep bones strong, dense and healthy, especially during menopausal years.
- Help rebuild bone density
- Helps strengthen walls of arteries and veins (good for artery disease, weak veins, phlebitis, hemorrhoids and other problems of the arteries and veins).

To repair damage and rebuild tissue, works especially well in combination with a Green Food Formula such as **Essential Nutrients**. To help skin, can also apply diluted essential oils topically: **Geranium**, **Lavender**, or **Frankincense**

Supplement Facts:

Serving size: 30 drops (1 dropper)
Servings Per Container: 78
Herb Strength Ratio: 1:1

Amount Per Serving	%Daily Value
Proprietary Extract: Horsetail, Oatstraw, Lobelia, Red Raspberry leaf, Cramp bark, White Oak bark, Lemongrass	.75ml*

* Daily value not established

Other ingredients: Distilled water, Organic grain alcohol (45-55%), Organic Stevia leaf

Cautions: If pregnant, nursing, or have a medical condition, consult a health professional before using.

Distributed by:

DR. FOSTER'S ESSENTIALS

PO Box 34693

Los Angeles, CA 90034-0693

How Will I Know The Formula is Working?

About 1 to 4 weeks after starting the formula, you may notice a change in your hair and nails. They should feel stronger. You may even notice a change in your skin. The formula contains not just calcium, but a full spectrum of minerals that occur naturally in the herbs. These minerals are ALL important for building bones, repairing the nerves and helping the heartbeat.

How Is This Formula Different From Calcium Pills?

This herbal formula is much better absorbed than isolated calcium supplements. Synthetic calcium supplements are usually derived from highly indigestible substances such as oyster shells and limestone. **Only about 5% of any commercial calcium supplement is actually absorbed and used by the body. Many of these synthetic supplements aggravate arthritis due to the synthetic calcium depositing in the joints.** Chelated forms offer slightly better absorption, but cannot come close to natural food and herb sources of calcium.

The Disadvantages of Synthetic Calcium Supplements (*Inorganic* Calcium):

- **Bone meal** - bone meal originates from the bones of cattle that are ground into a powder. The FDA warns that bone meal may contain dangerously high amounts of lead.
- **Dolomite** - also known as calcium magnesium carbonate. The FDA warns that dolomite may contain dangerously high amounts of lead.
- **Oyster-shell calcium** - this is actually calcium carbonate, but it comes from oyster shells ground up into a powder. It may also contain too much lead and sometimes even mercury and cadmium (a cancer-causing agent). People who are allergic to shellfish should not take this supplement.
- **Calcium carbonate** - high in elemental calcium (40%), but dissolves slowly in the stomach and may not be well absorbed. Usually obtained from limestone. Found in many types of chewable antacids. May stimulate excess production of stomach acid.
- **Calcium phosphate** - high in elemental calcium (39%) but contains too much phosphorus

- **Calcium citrate** - lower in elemental calcium (21%). Relatively expensive
- **Calcium lactate** - only 13% elemental calcium and relatively expensive
- **Calcium gluconate** - only 9% elemental calcium. Not a good choice.
- **Calcium glubionate** - only 6.5% elemental calcium. Expensive. Dose is 12 teaspoons daily.

***Every One of These
Types of Calcium
is *Inorganic****

***Inorganic* Calcium Supplements (continued)**

Because these types of calcium are inorganic, they can deposit in the kidneys and in the joints, worsening arthritis and kidney stones.

The consumption of inorganic calcium is one of the known causes of the "Sodium/Cholesterol ring" sign in the iris (colored portion of the eye). It shows up as white settlement around the circumference of the portion of the cornea visible in front of the iris.

This sign is associated with *hardening of the arteries* (atherosclerosis, arteriosclerosis), calcium spurs, deposits and joint troubles, and sometimes cataracts (a hardening of the lens of the eye due to deposition of calcium).

People with this sign complain of leg conditions and brain conditions due to insufficient blood flow to the brain. I suggest to anyone who desires healthy joints and arteries to avoid the inorganic form of calcium.

It's not how many milligrams of calcium you take, it's how many milligrams are absorbed.

**Medications
Calcium:**

That Deplete

- Cortisone hydrocortisone, prednisone, dexamethasone)
- Thyroid drugs (especially Synthroid)
- Cholestyramine
- Aluminum Antacids (not recommended to continue taking these)
- Proton pump inhibitors
- Anticonvulsants (meds to stop seizures, epilepsy)

and other steroid drugs -

If you are taking any of these medications, and if it's possible, you need to try to taper or get off of them. Before you do that, you need to know which natural therapies will work for you instead. If you need suggestions, please email us or schedule a consultation with Dr. Foster.

Situations that Deplete Calcium:

- Heavy menstrual periods (menstrual blood contains 40 times as much calcium as there is in the bloodstream)
- Drinking Alcoholic beverages
- Drinking Carbonated Beverages/ Soda/ Soft Drinks
- Drinking Coffee and Black Tea
- Tobacco/Smoking
- Eating a high protein diet (meat-based American diet)

The Good News:

What About the Milligrams of Calcium in Herbs?

The calcium in herbs and plant foods is naturally-occurring and is immediately recognized and used as nutrition. Naturally occurring minerals in foods and herbs are organic.

Organic minerals are well absorbed and do not leave toxic deposits in the body so the milligrams needed of this type of calcium is different than it would be for a synthetic type of calcium which is not well absorbed.

Very important is to look at the herbs strength ratio if you can find it on any bottle of liquid extracts you find. If you can find a 1:1 ratio, it means the extract is quite strong. If it's anything less such as 1:5 (most commercially available extracts), then you have a weaker extract, and you'll need to take a higher dose.

There is no unused excess to be deposited in the joints and bodily tissues. Horsetail and oatstraw are rich sources of natural silicon that is required as a base for the body to produce bone and cartilage. These are also excellent herbs for the skin since the skin requires silicon to be healthy.

People are not used to the concept that herbs are nutritious foods and they naturally contain vitamins and minerals. This is probably due to very good marketing techniques used by vitamin and mineral manufacturers geared toward getting everyone to buy their synthetic variety. The official amount of calcium and magnesium that is typically recommended for adults is based on the absorption and availability of synthetic calcium and magnesium on the market and is not reflective of the amount of magnesium that is absorbed from herbs which are much more bioavailable (as it occurs naturally in foods and plants) than if you were to take the synthetic version (derived from limestone).

It's important to understand that these herbs are high in many minerals – not simply calcium.

Red Raspberry leaves:

Red raspberry leaves are rich in magnesium, calcium, potassium, and iron, as well as zinc and phosphorus.

White Oak bark:

the active ingredients are tannin and quercin. Quercin is similar in effect to salicin and is used along with bioflavonoids to strengthen the capillaries and veins. White oak bark also contains ample amounts of calcium, manganese, potassium and magnesium.

Horsetail (equisetum arvense):

Horsetail has been suggested as a treatment for osteoporosis (thinning bone), because it contains silicon, a mineral needed for bone health. In one study, 122 Italian women took horsetail dry extract or Osteosil calcium 270 mg twice daily (a horsetail/calcium

combination used in Italy for osteoporosis and fractures). Both groups who took horsetail experienced improved bone density

Equisetum arvense contains silica and other elements including calcium, potassium, sulfur, sodium, magnesium, chloride and phosphorus with varying distribution patterns across the plant.

([J Biol Inorg Chem](#). 2016; 21: 101–112. [Anna Sola-Rabada](#), [Julia Rinck](#), [David J. Belton](#), [Annie K. Powell](#), and [Carole C. Perry](#) **Isolation of a wide range of minerals from a thermally treated plant: *Equisetum arvense*, a Mare's tale.**)

Oat Straw:

Oat straw contains numerous minerals that aid in the development and maintenance of healthy bones, teeth, hair and nails, including an easily assimilable form of calcium. Many of the nutrients contained in oat straw are beneficial for the nervous system and may help to reduce premenstrual syndrome. The minerals contained in oat straw may also have an alkalinizing effect. Oat straw contains high amounts of vitamins A and C, as well as many B vitamins including vitamin B6, folic acid, niacin, riboflavin and thiamine. It contains low amounts of vitamins E, and K. Oat straw is rich in minerals such as calcium, chromium, iron, magnesium, phosphorus, selenium, silicon, and sodium; and contains low to average amounts of cobalt, manganese, potassium, tin and zinc. Additionally, oat straw contains protein and some amino acids such as arginine, histidine, leucine, lysine, phenylalanine, and tryptophan.

What Else Can I Do to Strengthen My Bones?

Get regular exercise. Some specifics are lifting light weights and working out in the weightroom, doing mini trampoline exercises, but even just taking a walk can help.

Hormones are very important in your body. They tell your body to deposit the calcium in your bones. Lower levels of estrogen and testosterone are associated with lower bone density.

If you are menopausal or past menopause, trying adding [Femme Pause](#) to your supplement regime. Weak hormones can also cause dementia, memory loss and confusion as well as brittle bones and menopausal symptoms such as hot flashes and vaginal dryness. If you recognize these symptoms are your own, it's important to support and strengthen your hormones as quickly as possible before a long-term loss of calcium due to weak hormones causes a noticeable drop in bone density.