

One of the most important, but perhaps least talked about, aspects of overall health is improving the pH of the body. When an individual experiences an excessive level of acidity, he or she is vulnerable to many conditions, including muscular pain, low energy, food allergies, hyperactivity, panic attacks, and depression. Depending on the level of acidity and the overall health and condition of the immune system of each individual, disease conditions may manifest themselves in compromised individuals.

One Half of Americans Are Now Chronically Ill

Statistics show that approximately one half of Americans are now chronically ill. Even more shocking is that 98% of Americans are mineral deficient because we cannot get enough minerals from the food we eat. Our food is mineral deficient because it is grown on soils that are badly depleted from the loss of fertile topsoil, poor crop rotation, chemical fertilizers and harmful pesticide/herbicide use. In addition, food processing mills destroy even more critical minerals and other important nutrients.

Tracing the Cause of Disease

Dr. Linus Pauling, a famous biochemical researcher and two-time Nobel Prize winner, once said that every disease could be ultimately traced back to a mineral deficiency. The body needs minerals in abundance to maintain optimal health. If the body is lacking these important minerals, bodily processes begin to falter, metabolic dysfunction begins to occur and infection and chronic disease can follow if left unchecked.

Benefits of Coral Calcium

To live an optimally healthy life, steps need to be taken to reach the recommended 80 percent alkaline and 20 percent acid-producing diet. In addition, coral calcium is an especially useful mineral formula that can help support proper pH levels.

Coral calcium is derived from fossilized coral reefs made up of calcium carbonate and trace minerals such as magnesium. Because coral reefs are endangered, the coral is harvested or mined by collecting reef pieces that have been broken off from the main body to prevent further damage to the existing coral reefs.

A great amount of coral calcium is harvested from shores off of Okinawa, Japan. Because Japan is home to a great many citizens over the age of 100, some believe that drinking the coral-rich waters of the Okinawans will not only profit from them physically, but will also increase their lifespan.

Establishing a healthy pH Balance

Recent studies have pointed to coral calcium as a mineral that may help change the body's pH level from acid to alkaline and better support healthy resistance against unwelcome fungi and other enemy flora. Reports from such studies indicate that calcium has a profound beneficial influence on individual cell pH and serves as a buffer to regulate the body's acidity. One of the reasons calcium is so effective at restoring proper pH is because research has shown that in a highly acidic environment, the body will take calcium from the bones to restore balance. Consequently, a highly acidic balance leads to osteoporosis and kidney stones.

Therapeutic Effects of Coral Calcium

When the pH level of the body is changed from acidic to alkaline, the oxygen in the cells is said to increase. This may strengthen the immune system, can slow down the aging process and help remove toxins. Coral calcium assists in wound healing, strengthens bones, cleanses body organs and may help prevent up to 200 diseases that are linked to a deficiency of calcium.