

The Best Way to Get Enough Calcium

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A new study suggests that calcium from food sources may be more effective than calcium from supplements. It found that women who get most of their daily calcium from food sources have healthier bones and greater bone density, even though those who took more supplements tended to have higher average levels of calcium.

Researchers asked 183 postmenopausal women to document their diet over the course of a week, after which their bone mineral density and estrogen were tested. Women who got at least 70 percent of their daily calcium from food sources instead of supplements took in the least calcium (830 milligrams per day, on average), but higher spine and hip bone density than women consuming 1,030 milligrams of calcium per day primarily from supplement sources.

Women who got calcium in relatively even amounts from both food and supplemental sources had both the highest bone mineral density and the highest calcium intake (1,620 milligrams per day).

Calcium from dietary sources is usually more completely absorbed than calcium from supplements, which could explain the difference. Women who got getting calcium from foods also had higher estrogen levels; estrogen is needed to maintain bone mineral density. The connection between dietary calcium and estrogen is as yet unknown, although it could be the result of eating plant sources containing the hormone.

Those who got calcium from food sources might have also taken in more vitamin D, which would aid in calcium absorption.

[American Journal of Clinical Nutrition May 2007, Vol. 85, No. 5, 1428-1433](#)

[Yahoo News June 27, 2007](#)

Dr. Mercola's Comments:

This study bears out what common sense would tell you: getting calcium from food is far better than getting it from a pill. But for many of us common sense is not very common and we seek to maximize our convenience and swallow our vitamins and minerals conveniently rather than focus on receiving them from high quality supplements.

Ah, if life were just that easy that simply swallowing a few pills would solve our nutritional needs. While supplements of course can be useful, they should be viewed just as that, supplements to a high quality diet that is used in addition to not in place of a high quality diet.

As often happens when it comes to food, quality is more important than quantity; even though the women taking supplements had higher average levels of calcium, the women who got their calcium from food had stronger bones. Calcium from food is simply better absorbed and utilized by your body than synthetic calcium from a pill.

The best food source of calcium out there is that from *raw milk* (NOT conventional, *pasteurized milk*) and other raw dairy products. *Dark green, leafy vegetables* is another great source of calcium. Of course, it's not just calcium that you're better off getting from whole foods, it's all nutrients. Your best choice is always to favor getting nutrients *the way nature intended*.

Vitamin D is also important for calcium absorption, so along with your raw milk and vegetables, make sure that you are getting plenty of safe sun exposure this summer. Because of this, adequate vitamin D levels help to prevent osteoporosis and hip fractures.

You should also remember that, just as exercise and diet work in tandem *to beat obesity*, the same can be said for osteoporosis. Strengthening bone mass, *especially during puberty*, can build a good foundation that can last a lifetime. In fact, there is a *stronger connection between exercise and improved bone density among teens than taking calcium*. Finally, make sure your diet contains healthy levels of *omega-3 fats, which are the stealth dietary weapon in preserving your bone density*. Even many nutritionists are not aware of the important relationship between healthy bones and optimal fat intake. *Super Omega 3* is a great source of Omega 3.

Related Links:

- » [Calcium May Help Those Trying To Lose Weight](#)
- » [Low-Fat, High-Fiber Diet May Lower Calcium Absorption](#)
- » [Calcium Supplements Not Equally Effective](#)

Reference website: <http://articles.mercola.com/sites/articles/archive/2007/07/17/the-best-way-to-get-enough-calcium.aspx>

Trish's Comments:

Bones are also made up of many other minerals, enzymes and **vitamins**. **Calcium** needs a lot of **enzymes** and **HCL** to be broken down in the digestive tract so that it can be absorbed properly. It not only needs **Vitamin D** to be absorbed for bone formation, but it also needs **B Vitamins**, such as **Vitamin B12**. We need a balanced diet to get enough of all the nutrients our body needs to regenerate itself. Raw vegetables are a great source of **enzymes**.

Since our food is lacking of minerals due to modern agricultural practices, it is essential to supplement with Trace Minerals on a regular basis. Good sources of these are: **Chinese Mineral-Chi Tonic** and **Essential Liquid Minerals**.

For other health tips, please read our "[Top 20 List](#)".

Click [here](#) for ordering instructions for the suggested remedies.