

Natural Calm Plus Calcium vitamins and Herbs.

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## [Natural Calm Plus Calcium](#)

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[General Information and datasheet \(PETER GILLHAM'S NATURAL VITALITY\)](#)

Itemnumber: **VY0038**

Manufacturer: [PETER GILLHAM'S NATURAL VITALITY](#)

Description: **Natural Calm Plus Calcium**

UPC: **discontinued**

Size: **6 oz**

Our Price: **\$ 0.00**

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## [General Information and datasheet \(PETER GILLHAM'S NATURAL VITALITY\)](#)

Natural Calm Plus Calcium The hidden cause of calcium deficiency is not a lack of calcium. It is a lack of magnesium. Without magnesium, calcium can't be utilized.

The Calcium and Magnesium Relationship.

Calcium is an important nutrient essential to maintaining total body health. Your body needs it every day—not just to keep your bones and teeth strong, but to ensure proper functioning of muscles and nerves. It even helps your blood to clot.

Can too much calcium be a problem? Yes, it can.

Excess calcium depletes magnesium from the body and, as a result, can bring about all of the symptoms of magnesium depletion.

Calcium acts to excite nerves and is necessary for muscle contraction. Magnesium, on the other hand, calms nerves and is needed for muscle relaxation. High calcium makes bones stiff and hard, which is good, but in soft tissues it becomes a problem of calcification. This stiffness in artery and heart cells can hamper proper function and can be a factor in heart disease.

CALCIUM NEEDS MAGNESIUM

Calcium requires magnesium in order to be utilized at all. Calcium should never be taken on its own because it will pull magnesium out of body parts to make up for the magnesium it needs for assimilation.

By taking calcium alone, not only will you not get the calcium your body requires but you will deplete your body's magnesium supply. Magnesium is necessary for over 350 different biochemical processes, such as digestion, energy production and the metabolism of proteins, fats and carbohydrates. It is also needed for bone strength, muscle strength and proper functioning of the heart and nervous system. While calcium requires magnesium, magnesium does not require calcium and can be safely and beneficially taken on its own.

#### A MATTER OF BALANCE

Calcium deficiency can be a serious issue and has been heavily promoted through media and advertising. But the hidden cause of calcium deficiency is the fact that available calcium is not being assimilated by the body due to a lack of magnesium. If one drinks a glass of pasteurized milk (which is about 8 parts calcium to 1 part magnesium), in order to assimilate the calcium, the body will have to make up the magnesium imbalance from its own magnesium supply.

Without a proper balance of these two minerals, magnesium gets depleted, which will result in the negative effects associated with lack of magnesium and a buildup of unassimilated calcium.

In addition to the many calcium (without magnesium) supplements on the market, calcium is now added to cereals, crackers, juice, antacids and many other items (including soft drinks). None of these products contain magnesium to balance the added calcium.

#### Natural Calm

Plus Calcium is formulated with 3 parts magnesium to 2 parts calcium, which will prevent a surplus of calcium robbing the body's vital magnesium supply and avoid the symptoms associated with depleted levels of magnesium.

#### NATURAL CALM PLUS CALCIUM

If you feel you are not getting sufficient calcium in your diet, Peter Gillham's Natural Calm Plus Calcium is the answer. It blends Natural Calm—the best-selling, most absorbable and fastest acting magnesium available—with calcium and other key ingredients so the calcium you take will actually be fully utilized. Your body's magnesium level won't be depleted and there won't be any buildup of unabsorbed calcium.

#### A NEW

NATURAL CALM FORMULATION by Peter Gillham

#### Natural Calm Plus

Calcium utilizes the same advanced technology as Natural Calm. The minerals in this product go into total solution in their ionic form and are readily available to the body. Water acts as a carrier and transports the minerals quickly to where the body needs them.

Natural Calm Plus Calcium contains added

nutrients to ensure that the calcium is absorbed and utilized. It is the most advanced formula available for the assimilation of calcium. This is particularly important as calcium will not be efficiently assimilated by the body without these other nutrients being present.

In addition to calcium, the product contains magnesium (Natural Calm), vitamin C, vitamin D and boron, which assist in the assimilation, utilization and distribution of the calcium within the body. This results in the creation of strong bones, joints and connective tissue, and a healthy, active immune system to protect against invasion of bacteria, viruses and other uninvited guests. Natural Calm Plus Calcium also includes potassium, which is vital for a healthy heart, nerve function and energy production.

This product is ideal for men and women of all ages and in particular for seniors, as it helps in the reversal of bone loss, joint, cartilage and connective tissue deterioration, and malfunction of the various glands and their emission of hormones.

Symptoms of Magnesium Depletion:

- Low Energy
  - Fatigue
  - PMS and Hormonal Imbalances
  - Inability to Sleep
  - Headaches
  - Muscle Tension
  - Backaches
  - Calcification of Organs
  - Weakening Bones
  - Heart-Related Difficulties
  - Anxiousness
  - Nervousness
  - Irritability, etc.
- Natural Calm Plus Calcium

Calcium is needed by everybody to build healthy bones and support various body functions. Peter Gillham has a formulation that has been perfectly designed to help the body absorb calcium. This product is called Natural Calm Plus Calcium. Natural Calm Plus when mixed with water produces an ionic form of calcium and magnesium which is readily available for absorption in the body. Natural Calm Plus as added vitamins and minerals such as vitamin C, vitamin D, and boron to increase absorption and assimilation in the body.

As men and women age demand for quality calcium and minerals increases. Because of age we all experience hormone decline and bone loss to some extent. Supplementing with Peter Gillham's Natural Calm Plus, we can help strengthen bones, joints and connective tissue and promote muscle growth. Natural Calm Plus is suitable for all ages, ideal for pregnant and breast feeding women and seniors. This supplement may be right for you if you experience any of the following symptoms:

1. Loss of Energy
  2. fatigue
  3. PMS
- and hormone imbalance
4. inability to sleep
  5. weakness
  6. Headaches
  7. Muscle Tension
  8. muscle spasms and cramps
  9. abnormal heart rhythms
  10. weakening bones
  11. anxiousness
  12. or irritability

Give Peter Gillham's Natural Calm and Natural Calm Plus a try.


**DataSheet:**

**The Natural Calm Plus Calcium Sale Price: \$0.00 - Vitamins or Herbs Should be taken as directed on the bottle.**

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