

Calcium Drink

Contributed by Dr. Paul G. Jensen
Last Updated Wednesday, 23 April 2008

This drink will give you a great deal of benefit for what it cost and it is also very simple to make.

The ingredients are:

1-2 pints of properly distilled water (not the grocery store stuff). This is the cleanest type of water and therefore does not add stress to your bodies detoxification system (please refer to the "Pure Water" section for more info on distilled water).

1-2 tablespoons (adjust for taste) of raw, organic, unfiltered apple cider vinegar. Apple cider vinegar is known for its medicinal and nutritional properties. It contains pectin, quality minerals (especially potassium), beneficial bacteria, enzymes and contributes to better acid/alkaline balance in the body.

1 tablespoon of Organa trace minerals. This is the best quality mineral product I have been able to find. The American diet lacks trace minerals. Mineral deficiencies contribute to an array of health problems.

1 heaping teaspoon (not tablespoon) of calcium lactate powder. Good quality calcium is probably the most important supplement you should take. Most of the calcium products on the market are poor quality and poorly absorbed. Calcium lactate is my personal favorite for usability in the body.

Mix these products together. The calcium will settle to the bottom at first but after a few hours and a few additional stirrings, it will completely go into solution. I recommend drinking this mixture in-between meals. (This helps with absorption of the calcium).