



May 31, 2016 – Grand Rapids, MI

Calcium vs. Magnesium

The 100th Indianapolis 500 was run on Sunday. A relatively unknown rookie, Alexander Rossi, won the race. Based on sports news reports, there were more lead changes and more position changes than in many Indy 500s. With 33 cars and drivers, changing track conditions, accidents, bumps, spins, and pit crews, the number of variables that contributed to the win by one driver and the loss by all the rest are too numerous to even try to attempt to calculate. Anyone who says they can do it is delusional.

What does this have to do with calcium and magnesium? There are many opinions on whether you should take these together, when you should take these minerals, what you should take them with, how much you should take, and on and on. Most of what you read on the Internet about the absorption of these minerals is like trying to predict the winner of the Indy 500. There are about as many variables that influence the absorption as is involved in the race. It's just plain hubris to think someone has "the" answer. In the next two messages, I'll try to bring some sense to this issue by focusing on the three major questions.

What are you prepared to do today?

Dr. Chet



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