



June 4, 2016 – Grand Rapids, MI

## Calcium vs. Magnesium: Is It a Battle?

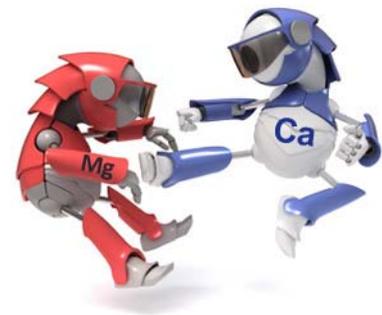
Let's finish up this calcium versus magnesium controversy that seems to exist by answering the last questions.

### **When should you take these minerals?**

My simple answer is any time you want. However, based on most research, taking calcium and magnesium with food will help with absorption. The reason ties back to the form being a non-issue. When you eat food, you release stomach acids which help break down food and that includes the supplements you take. Is it an oversimplification? Yes, but it's one that doesn't really matter. I'll get to that later.

### **Do they interfere with each other?**

Maybe. One of the reasons that I think this is a non-issue for most people is that unless you take mega-doses of minerals—which you should never do unless told to by a healthcare professional—it won't really matter. Bear with me here. An average serving of dairy has about 300 to 400 mg of calcium and 75 mg of magnesium. Yet I couldn't find any evidence that people who regularly eat dairy end up with a magnesium deficiency. The same holds true for those who eat foods with equal amounts of magnesium in relation to calcium such as almonds and other nuts or more magnesium than calcium as in some vegetables. The body finds a way.



The problem is that research examines only a few of the variables at a time when in reality, there as many factors in play as I talked about in Tuesday's message about the Indy 500. Researchers cannot control every variable and thus, while all research can be important, it has to remain in perspective. That's what most so-called experts fail to do.

Have you ever heard about the preacher who was so heavenly minded that he was of no earthly good? That's the way too many experts approach nutrition. They seem to focus on a study here or one there and grasp on to the results as though they're meaningful. While the study may be absolutely true, it's relatively unimportant when it comes to what we should eat or supplement. They seem to forget that we are complete organisms, not just cells in a test tube or rodents who live in cages. Our ancestors, in spite of their ignorance of nutrition, managed to survive. The result is our bodies are pretty smart. They figure out how to make our diet work out in spite of us, not because of what we think we know.

## The Bottom Line

There is no real controversy about calcium and magnesium, whether sourced from foods or from supplements. If you take reasonable amounts, you'll be just fine. The only exception is if you have a condition or are taking a medication that can alter the use of either mineral. But for most all of us, just be consistent and your body will find the way.

What are you prepared to do today?

***Dr. Chet***



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