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## The Importance of Calcium

Explained by Bob Barefoot taken from his book *Death by Diet*.

In 1931 Otto Warburg won the Nobel Prize in medicine for this discovery that cancer was anaerobic: cancer occurs in the absence of free oxygen. As innocuous as this discovery might seem, it is actually a startling and significant finding worthy of a Nobel Prize. What it basically means is that cancer is caused by a lack of free oxygen in the body therefore, whatever causes this to occur is the cause of all cancers.

In chemistry, alkali solutions (pH over 7.0) tend to absorb oxygen, while acids (pH under 7.0) tend to expel oxygen. For example, a mild alkali can absorb over 100 times as much oxygen as a mild acid. Therefore, when the body becomes acidic by dropping below pH 7.0 (note: all body fluids, except the stomach and urine, are supposed to be mildly alkaline at pH 7.4), oxygen is driven out of the body thereby, according to Nobel Prize winner Otto Warburg, induces cancer. Stomach fluids must remain acidic to digest food and urine must remain acidic to remove wastes from the body.

Blood is the exception. Blood must always remain at alkaline pH 7.4 so that it can retain its oxygen. When adequate mineral consumption is in the diet, the blood is supplied crucial minerals required to maintain an alkaline pH of 7.4. However when insufficient mineral consumption is in the diet, the body is forced to rob Peter (other body fluids) to pay Paul (the blood). In doing so, it removes crucial minerals, such as calcium, from the saliva, spinal fluids, kidney, liver, etc., in order to maintain the blood at pH 7.4. This causes the demineralized fluids and organs to become acidic and therefore anaerobic, thus inducing not only cancer, but a host of other degenerative diseases, such as, heart disease, diabetes, arthritis, lupus, etc.

Everyone knows that the human body is made up of 78% water by weight, and that water is hydrogen and oxygen gases. When nitrogen gas and carbon in the form of carbon dioxide and methane gases are added, the total gas in the body by weight becomes over 95%. Almost half of the remaining 5% that makes up the human body and controls all biological functions is the mineral calcium.

No other mineral is capable of performing as many biological functions as is calcium. Calcium is involved in almost every biological function. This amazing mineral provides electrical energy for the heart to beat and for all muscle movement. It is the calcium ion that is responsible for feeding every cell. It does this by latching on to seven nutrient molecules and one water molecule and pulls them through the nutrient channel. It then detaches its load and returns to repeat the process. Another important biological job for calcium is DNA replication, which is crucial for maintaining youth and a healthy body.

Calcium ions are indispensable for DNA replication (*Calcium in the Action of Growth Factors*, W. H. Moolenaar, L. K. Defize, and S. W. Delaat, 1986 **Calcium and the Cell**, Wiley) which is the basis for all body repair. It can only occur "**on a substrate of calcium**" (*The Role of Calcium in Biological Systems*, Albert Lehniger, Professor of Medical Science, John Hopkins University, Volume I, CRC Press). Thus low calcium means low body repair and premature aging.

As important as all these and hundreds of other biological functions of calcium are to human health, none is more important the job of pH control. Calcium to acid is like water to a fire. Calcium quickly destroys oxygen robbing acid in the body fluids. Thus, the more calcium, the more oxygen and therefore, the less cancer and other degenerative disease.

**Mary the Midwife recommends Bob Barefoot's Coral Calcium Supreme you can purchase this brand at Arizona Health Foods and Osco Drugs or order on-line.**

**If you are interested in checking your pH go to Sprouts, Whole Foods or Arizona Health Foods and purchase pH testing paper. You can also pick-up some Coral Calcium and Vitamin D.**

To read more about Bob Barefoot and Coral Calcium visit <http://www.911healthshop.com/bob-barefoot-coral-calcium.html>.

