

THE HISTORY OF CORAL CALCIUM

Around the world, there are several cultures that are known for living long, healthy and productive lives.

These people include the Titicaca's in Peru, the Hunza's of Pakistan, the Tibetan's, Armenian's, Azerbaijani's and the Okinawan's of Japan. It is not uncommon for these people to live over 100 years of age.

Scientists found that the most common factors between all these cultures were:

- The amount of minerals they absorb through food and water.
- A healthy outdoor lifestyle that includes plenty of sunshine (sun striking the skin produces vitamin D, which stimulates the receptors of the small intestine to absorb high levels of nutrients into the body.)
- Strong family and spiritual ties.

The source of water for many of these cultures is melting glacial water, known as "Milk of the Mountains" because of its' white, milky appearance which is caused by the crushed rocks contained in the glacial ice. This water is extremely mineral rich, especially in calcium.

The Okinawan's of Japan, many of who live to over 95 years of age, also drink water which is mineral rich, again the main minerals being calcium and magnesium. However the Okinawan's live at sea level, unlike the other cultures who live high up in the mountains, so their mineral rich water doesn't come from melting glacial water, it comes from...coral.

Some of the islands of Okinawa are volcanic islands while others are coral islands. The mineral rich soils from the volcanic islands leach into the surrounding seas and are absorbed by the coral beds, making the coral islands storehouses of mineral nutrients.

When rain falls on these coral islands, it percolates through the coral deposits and absorbs minerals and other elements which in turn changes the alkalinity of the water to a healthy 7 to 8.5pH.

The recorded history of its use by humans goes back over hundreds of years to the local Okinawan farmers who after fertilizing their crops with coral calcium found they received far greater rice yields. Coral calcium was also added to the feed of their chickens and cows which produced greater amounts of milk and stronger eggs.

One hundred years later, Spanish explorers, noting the age and vitality of these people, took coral calcium back with them to Barcelona, Spain, where it was recommended by doctors for many ailments and became one of the first "supplements".

Today coral calcium is taken not only by the Okinawans and Spanish, but by people all over the world as a quality dietary supplement high in calcium, magnesium and many trace minerals.