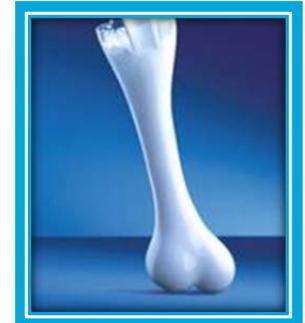


## OCTOBER 2017 HEALTHY TIP

### BONE UP ON CALCIUM

Strong bones and teeth aren't the only reasons that you should be consuming the recommended amounts of calcium each day. Ever feel cramping, have muscle spasms or weakness, or even pins-and-needles sensations in your arms and legs? Chances are your body is telling you it's calcium-deprived.



You build bone mass throughout childhood and young adulthood and the strong bones you build during those years need to last you the rest of your life. That's because by your mid-30s, you may start to lose more bone than you gain. To help make sure your bones stay strong well into your adult years, it's important to keep getting enough calcium. Your needs may vary, depending on certain factors such as your health status. Talk with your doctor about the right amount of calcium for you.

**Get the calcium you need.** The Office of Dietary Supplements at the National Institutes of Health recommends 1,300 mg. per day for teenagers between 14 and 18 years. Adults (men and women) between the ages of 19 and 50 should have 1,000 mg. daily. Men older than 50 can stay at that level, but women aged 51 to 70 should boost their intake to 1,200 mg. per day.

While symptoms of **calcium deficiency** vary, here are some of the more common ones:

- Numbness/Tingling around mouth, finger, and toes
- Muscle Cramps
- Convulsions
- Abnormal Heartbeat
- Tooth Decay
- Brittle Nails
- Dry Skin

While dairy products are great **sources of calcium**, you can also find it in:

- Beans
- Almonds
- Dark green, leafy vegetables
- Kale
- Spinach
- Broccoli
- Drinks fortified or enriched with calcium (like some orange juices)

Calcium does more for our body than we realize. In addition to building stronger bones and teeth, calcium helps relax muscles, maintains a regular heartbeat, sends and receives nerve signals and, with a proper amount, can help prevent osteoporosis. Knowing why calcium is so important, you can take steps to help support your bone health today and for years to come.

**Sources:** <https://ods.od.nih.gov/factsheets/Calcium-Consumer> / <https://medlineplus.gov/ency/article/002412.htm>

#### WORLD CLASS. LOCAL TOUCH.

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