



The Calcium Lie II: What Your Doctor Still Doesn't Know: How Mineral Imbalances Are Damaging Your Health

Robert Thompson MD, Kathleen Barnes

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If you believe that bones are made of calcium, you have subscribed to The Calcium Lie. You're not alone. Most consumers and, surprisingly, most doctors, believe that bones are made of calcium. Yet any basic biochemistry textbook will tell you the truth: Bones are made of at least a dozen minerals and we need all of them in perfect proportions in order to have healthy bones and healthy bodies. If you get too much calcium, through food sources or by taking supplements, you set yourself up for an array of negative health consequences, including obesity, Type 2 diabetes, Type 2 hypothyroidism, hypertension, depression, problem pregnancies and more. This is the second edition of the calcium Lie, updated, expanded and with greater in-depth explanation of the medical problems that can be caused by mineral imbalances and solid strategies to correct them. This book gives you all the information you need to stay healthy and to regain your health if you or your doctor have been duped by The Calcium Lie.

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