



Workshop Session #1 Key Summary Bullet Points:
Beyond Calcium – Building Bone with the Right
Balance of Minerals

with Dr. Carolyn Dean



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Workshop Session #1 Key Summary Bullet Points: Beyond Calcium – Building Bone with the Right Balance of Minerals

2:30 Women taking calcium supplements put themselves at higher risk for heart disease, arthritis, bone spurs, gall stones, breast tissue calcification, calcification of arteries (coronary and kidney); effects of aging can be caused by calcification
*(Note: kidney failure happens as a result of arteries getting calcified)

3:32 Only 4% of a calcium supplement may be absorbed and the other 96% deposits in tissues causing calcification and constipation

4:27 Simply taking calcium supplements is not helping

4:34 The bone doesn't form properly unless it has magnesium

4:40 Collagen (from animal protein) is important to bones

4:53 Vegans and vegetarians suffer higher rates of osteoporosis than non-vegans

5:21 We have mineral deficient diets; 100 years ago we could get 500mg of magnesium in the diet; today we're lucky to get 200mg

5:40 Foods are fortified with calcium and many people are taking calcium so were getting thousands of milligrams of calcium and only 200 mg of magnesium; they should be balanced at about 600mg each

5:58 The World Health Organization recommends 500-700mg of calcium per day the of RDA of Magnesium is 300-400 (but Dr. Dean recommends twice that amount of magnesium)

6:25 You can't get enough magnesium in the diet

6:30 You can get a lot of calcium in your diet if you're eating dairy products

6:41 Bone broth, dark green leafy vegetables are non-dairy sources of calcium

6:56 Calcium forms solid structure of bones, magnesium provides resilience and prevents the bone from becoming brittle and helps it stay supple

7:21 Calcium supplements can make your bones more brittle, which makes them break easier



7:30 We're increasing incidence of osteoporosis and bone fractures with the over use of calcium and under use of magnesium

8:13 Non-dairy sources of calcium: seaweed, dark green leafy greens, nuts and seeds, fish with bones, bone broth (cooking bones with vinegar)

9:01 You have “body mechanisms” for reading how much magnesium and calcium you need (for example, Dr. Dean gets heart palpitations, legs cramps and knee pain)

10:30 If you don't eat dairy, it's a good idea to take a good quality calcium supplement

11:15 When buying you good calcium supplement you want to choose one that breaks down “ionically”—this is a stabilized calcium that goes straight into the cells and does its work (if you have a calcium compound that the body can't break down it will build up causing calcification)

11:40 The best calcium supplement is a “pico-ionic,” stabilized kind (Dr. Dean makes a product called ReCalcium Calcium Solution), the next best would be a liquid form of calcium

13:01 High calcium in the urine indicates your body isn't sieving the calcium and your body is holding on to too much calcium

13:51 High calcium in the body indicates low magnesium; taking enough magnesium will dissolve the calcium in your blood and tissues

13:55 Magnesium is important to treat the symptoms of hypoparathyroidism

14:20 Too much calcium in the blood is an indication of a problem that you should look into

14:38 Taking enough magnesium will dissolve the calcification in your blood and tissues

15:39 Doctors don't learn about mineral and electrolyte balance in medical school

15:45 Most electrolyte tests assess calcium, chloride, sodium and potassium levels but they don't look at magnesium levels

15:55 Magnesium is necessary for 700-800 different enzyme processes in the body (i.e. making energy, relaxing muscles, stopping nerves from firing)

16:09 Hundreds of things in the body won't work properly without enough magnesium—one of them is calcium absorption and putting calcium directly into the bones

16:27 Vitamin D helps absorb calcium from your diet and put it into the bones



16:48 Too much vitamin D pulls in too much calcium

17:00 Vitamin D requires lots of magnesium to convert from the “storage” form to the “active” form

17:11 Too much vitamin D can cause a drop in magnesium levels; some signals that vitamin D has overused magnesium are migraines, heart palpitations and leg cramps

18:15 We need to supplement with magnesium; less than 20% of population is getting the recommended daily amounts of magnesium

18:45 The reason why we’re not getting enough magnesium is because the soils are depleted of magnesium; magnesium is not used in most fertilizers

19:38 When you cook and process foods you burn off the magnesium

20:20 There’s a connection between low thyroid and low magnesium levels; natural medical doctors recommend that when the thyroid is low you need to take a hormone replacement just make sure it’s “natural” thyroid replacement

20:33 The thyroid needs 9 different minerals (not just iodine, selenium and zinc) if you don’t all 9 minerals then your thyroid won’t make proper amounts of the thyroid hormone

21:11 There’s an epidemic of hypothyroidism, which is really an epidemic of mineral deficiency, yeast overgrowth (yeast overgrowth creates bacterial imbalance and the byproducts of yeast block hormone receptors)

23:00 Mineral deficiency and yeast overgrowth are the baseline root causes of chronic disease

24:33 How to choose the best magnesium supplement— the cheapest product is magnesium oxide, it’s only 4% absorbed and it has a laxative effect, which pulls magnesium and other minerals out with it (Dr. Dean suggests not using this form of magnesium)

24:54 Magnesium aspartate should be avoided because it can break down into aspartic acid and act as neurotransmitter

25:41 A good place to start with taking magnesium is with Epsom salt— it contains magnesium sulfate, which can be absorbed through the skin in a bath (put 1-2 cups of Epsom salt in a bath to see how magnesium makes you feel)

25:54 Some noticeable benefits of magnesium are sleeping better and feeling less agitated



26:05 The brand Natural Calm (magnesium citrate), can be put in water and sipped through out the day (but can have laxative effect on some people)

26:16 Dr. Dean's magnesium product, ReMag, is 100% absorbed at the cellular level, it doesn't have a laxative effect because it's a "stabilized ion" that gets directly into the cells and does its work, it's a therapeutic form of magnesium

27:00 The body tells you when you've had too much magnesium (when you become "saturated" with magnesium you get a laxative effect); this is not the case with calcium and it just builds up in the body

27:40 Most people can't get the amounts of magnesium needed taking the most common forms of magnesium compounds on the market because they get laxative effect, which causes you to lose more magnesium and feel worse

28:03 Therapeutic magnesium like ReMag allows you to get the magnesium your body needs without the laxative effect

29:28 When taking a magnesium supplement start slow (1tsp. of ReMag is 300mg; Dr. Dean recommends starting with ¼ tsp. which is 75mg)

29:45 Add ¼ tsp. of ReMag with ¼ tsp. of unrefined sea salt in liter of water and sip it through the day

30:20 Taking too much magnesium all at once the 700-800 enzyme systems that depend on magnesium that haven't been working properly will start revving up and if rev up too fast you might think you're getting worse because you're too activated (Some potential signals of too much magnesium are feeling more hyper than usual and warm hands—you need to listen to your body to see what signals it give you)

31:39 Every 3-4 days slowly increase magnesium by ¼ tsp., keep slowly increasing until up to 2-3 tsp.

32:02 People with atrial fibrillation that have a magnesium deficiency can treat their condition with magnesium

32:14 DO NOT get off your current medications or supplementations; when you start to feel better properly mineralizing your body work with your doctor to wean off your medications

32:53 People who are on medications should get a serum magnesium test to test the levels of magnesium in their blood



34:55 Magnesium affects people differently—it can rev you up or make you more relaxed

36:46 DEXA scans give women in their 60s and 70s the impression they should have the bones of a 30 year old

38:05 What [doctors have done with the DEXA scans] is scare women by telling them their bones are too thin and if they fall they're likely to fractures their bones

38:40 After scaring women with the DEXA scan results doctors recommend taking a lot of calcium (but this only makes bones more brittle and increases chances of osteoporosis)

38:53 Incidence of osteoporosis is going up with use of bisphosphonates; these bone drugs “work” by stopping the bones from breaking down—they kill “osteoclasts,” which help remodel bone by combing calcium, magnesium, collagen and other minerals necessary to create the right “lattice” structure to work properly

39:56 Bones treated with Fosamax become more dense but they lack the proper shape and become more brittle and soft

40:43 As a result of using bone drugs, minerals become imbalanced and calcium deficiency is created making the bones thinner

41:21 Doctor Dean doesn't recommend taking bisphosphonates; some of the side effects include ulcers, stomach and esophageal cancer

45:50 Doctors only know what they know and they're limited to what they learned in medical school and what the drug reps tell them about drugs—they prescribe from their “box” and they don't prescribe for prevention

49:14 Prednisone breaks down bone and makes them thin

51:38 Taking magnesium may help alleviate symptoms and enable you (with the help of your doctor) to wean off prednisone

52:20 Studies show magnesium is necessary for the treatment of arthritis—to reduce inflammation and calcification and rebalance minerals

52:50 With prednisone you're suppressing inflammation; with magnesium you're treating the cause of the inflammation



52:57 Studies show synthetic thyroid medications contribute to bone loss

54:34 If you get your 9 minerals for your thyroid that's the start of having proper thyroid function

54:42 Tips for finding the right holistic-minded doctor to work with

55:27 The problems with naturopathic doctors is that they're very allopathically oriented—instead of using drugs they use supplements

1:00:33 Start or join a CSA (community supported agriculture) to get access to organic foods

1:02:10 Action steps to get started with right away: Add ¼ tsp. magnesium and ¼ tsp. sea salt in liter of water to drink through out the day (the only way you hydrate your cells is if you have enough minerals in your cells—the minerals pull water into the cells and pull water out of tissues)

1:02:48 Drink 50% of your body weight (in pounds) in ounces of water per day

1:03:10 We're supposed to get minerals from water

1:03:30 Properly mineralizing your cells helps reduce “saggy” arms and ankles as well as the tendency urinate at night

1:04:10 Just by drinking sea-salted water with magnesium you can get more energy