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Calcium: New Findings with Hypertension and Obesity

Epidemiological studies have shown that calcium regulation within the cell plays a role in hypertension and obesity. Insufficient calcium intakes may contribute to the cause of salt-sensitivity and hypertension by creating an excess of vitamin D. Dietary calcium may reduce blood pressure by regulating vitamin D and normalizing calcium within the cell. Vitamin D brings calcium into fat cells, resulting in fat production, decreased fat usage, and increased triglyceride stores, all of which play a part in obesity. Having adequate calcium intake can help control these factors leading to obesity and hypertension.

Calcium Modulation of Hypertension and Obesity: mechanisms and implications
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11603653&query_hl=48

Calcium intake and reduction in weight or fat mass
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12514302&query_hl=48