



Calcification The Phosphate Factor In Aging and Disease: Second edition

Mark Mayer

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As we age, calcium deposits tend to accumulate in our soft tissues. Doctors call it "Extra-skeletal calcification." This means that the calcium that is supposed to be deposited in your bones is being lodged in your soft tissues where it does not belong. The condition can manifest itself in many ways: Heart disease, cancer, wrinkled skin, arthritis, kidney stones, osteoporosis, dental problems, bone spurs, senility, cataracts and many other health problems. Fortunately, there are many proven techniques to combat soft-tissue calcification. By making a few simple changes in your diet and lifestyle, you can prevent and reverse what is commonly called the calcium bomb. For more information, please visit the authors website at: calcificationbook.com

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