

Simple Calcium Test

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A colleague of mine shared that his wife had been experiencing muscle cramps, nerve pain, and back pain, even though she was seeing a chiropractor several times a week for several months. After using what a group of Naturopaths called a modified Lowenberg or the tissue calcium test, her back pain was gone in 15 minutes, and her nerve pain was gone in an hour. And the next day, she was back to her old self.

Now, every patient is not going to get that type of result, but it was so dramatic, I thought I'd share the test and how it works. The tissue calcium test was originally designed to see which form of calcium was most appropriate. But if you use it, you'll find out it helps determine the need for other minerals as well. One of the strongest indicators of a need for tissue calcium is muscle cramping at rest. However, muscles need other minerals and co-factors besides calcium to work at optimal performance.

The goal of the tissue calcium test is to create an artificial cramp, using a blood pressure



cuff, and assess the value. I have attached a written version of how to do the test, but here is the short version. First, this test is not for patients with underlying vascular disease. But for the average patient, place a blood pressure cuff around the "belly" of the calf muscle and inflate slowly, about 10 mm hg per pump. Ask the patient to tell you when they experience pain or discomfort. It's more than pressure. We want a distinct discomfort. I describe it as the moment before you think the cramp is coming. A patient with sufficient tissue calcium can withstand 240 mm hg or more easily. If a patient experiences cramping, irritation or pain below 200

mm hg of pressure, they fail the test. Use a slightly lower cutoff of 180 mm hg for elderly or frail patients. Always do the test on both legs. Use the muscle, as your testing indicator, that has the most dysfunction, which is the leg with the lowest number.

If your patient fails the screen, you have several options. You can give them a multi-mineral formula, with all the co-factors necessary to replenish tissue minerals, for 30 days and retest. I like to use Osteo-B II, which has a nice 1-1 ratio of calcium to magnesium, as well as the supporting vitamins and minerals necessary to facilitate bone health. Most patients don't

realize that we need small amounts of zinc, copper, manganese and boron as well as vitamins D, C, and K for muscles and bone. Osteo-B II also has the phosphorylated B vitamins to support the Krebs cycle. I suggest 3 tablets, twice a day.

Also, consider adding some digestive support, if they have gas, burping or bloating, which is probably why they have calcium or mineral deficiencies. Explain that you will be repeating the test in 30 days, and if they don't respond to the first round of nutrients, you will do an extended office visit to individualize the type of nutrients they need. As a side note: whenever I give patients the option to individualize nutrients as opposed to taking my favorites, the majority choose the individualized approach.

But I must confess, the fun part for me comes when I use neurolingual taste testing, which I consider a more direct approach. By tasting the nutrient, nerves in the mouth signal the hypothalamus, which can give a signal to the muscles in lightning speed. Muscles in our discussion, calf muscles respond based on new stimuli. It is pretty amazing when someone cramps at 150 mm hg of pressure, and they

taste a supplement, and seconds later they can easily withstand 200 or more.

Circling back to my colleague's wife, she experienced cramping at 110 mm hg in one leg and 100 in the second leg. He tried several calcium products he had at home, but nothing worked. He decided to try Super Phosphozyme. She was surprised that she could easily withstand 180 mm hg of pressure, but when he added K-Zyme, a potassium supplement, in addition to Super Phosphozyme, she didn't experience the cramp until 200 mm hg. It was dramatic to say the least.

The downside of neurolingual taste testing is that it takes longer, so you will need to schedule a separate appointment. But you will be amazed at the things the body wants and how fast it will respond. I say the fun part because this is where you'll discover things you've never considered.

So, if you are looking for ways to incorporate simple tests that give you information about a patient's physiology, the tissue calcium test is one to add to the list.

Thanks for watching, and I look forward to seeing you again next Tuesday.