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WHERE DO I GET CALCIUM IF I DON'T EAT DAIRY?

Let's be frank. Dairy foods (that is, products like milk, cream, ice-cream, yoghurt and cheese made from the milk produced by cows, goats and sheep) contain quite high amounts of calcium. The problem is, simply, that we cannot absorb or utilise the calcium in these products.

Dairy molecules tend to create inflammation in the gut wall and our body has to extract calcium from bones, lymph and nerves to "buffer" that inflammation. So we actually lose calcium by consuming dairy products. Further evidence of this are studies showing that populations consuming high rates of dairy have the highest rates of osteoporosis, while vegans and Asian populations (who do not consume dairy) have stronger bones.

The only exception is butter. If you must have a buttery spread occasionally, use organic butter or ghee only as margarines are very toxic.

The best sources of calcium for those wishing to be healthy are quinoa (the highest source of absorbable calcium), broccoli, dark leafy green vegetables, fish, and almonds. We don't need to eat large quantities of calcium provided our body can absorb and utilise what we eat. We also need to ensure that our food choices contain plenty of magnesium and boron so we can absorb the calcium, and we need vitamin D3 from sun exposure or supplementation.

Critically, we also need high intakes of vitamin C for calcium absorption, and that means supplementation as we simply can't get enough from modern food – even fresh food.

Don't eat dairy, but eat quinoa on a regular basis with lots of vegetables, and your bones will become stronger.

