Calcium Formula

Dr. Christopher created this formula as a natural, absorbable form of calcium for body function. We all know how important calcium is for strong bones and teeth, but did you know it is also needed for the nerves, veins and artery walls? Pregnant mothers need extra calcium for growing another person, children for developing strong bones and straight teeth, the elderly for bone strength. Dr. Christopher even used this formula for relieving cramps and Charlie horses. This is my modified version

INGREDIENTS

- *6 parts horsetail*
- *4 parts comfrey (or nettle)*
- *3 parts oat straw*
- *2 part peppermint*
- *1 part lobelia*

DIRECTIONS

Mix all the herbs together and use to make a tea, tincture or capsules.

NOTES

Eating nutrient rich foods will also help the body get and keep the calcium it needs. Sugar, processed food and alcohol will leach calcium from the body.

