

# Stiff Joints / Sore Muscles?

by  
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Do you suffer with **stiff joints** which are worse when you first get up but improve with movement during the day? Or do you have **sore/achy muscles**, especially in the morning, which improves as the day progresses? Do you suffer with **hives, reflux, canker sores, sun blisters** and **itchiness** associated with allergies? **Arthritis, bursitis**, as well as **muscle aches and pains** are often symptoms of underlying nutritional imbalances.

Improper calcium metabolism and protein depletion may be the source of your symptoms. If the body “steals” protein from one area to carry out function in another area, the body is much more susceptible to irritation at the “depleted” site and symptoms such as arthritis, bursitis, colitis, sinusitis, dermatitis can ensue. Balancing the protein with acid calcium salts will restore the proper acid medium necessary for healthy tissue and joint spaces.

Muscle achiness and soreness is a different pattern of improper calcium metabolism. This typically represents muscle tissue calcium starvation and requires ionizable calcium, a hydrochloric acid (HCL) and vitamin F (essential fatty acids). Hives are a classic picture of calcium problems and can often be resolved with repeated doses of calcium lactate, HCL and essential fatty acids at close intervals. Itchiness associated with allergies can be calcium as well as vitamin A deficiencies.

Determining which type of calcium supplement your body needs depends on the type of symptoms your body is exhibiting. Use of calcium carbonate as an antacid may create some relief for “a sour stomach” but can also create a HCL problem of reflux in the long run. Use of proper digestive enzymes and HCL before each meal would be a better choice. This in turn will help balance the protein metabolism of the body.

Making the right choice of supplements to address your body’s needs is important and can be very challenging. Specific nutritional testing, guidance and supplementation are the keys to balancing your body. Partnering with you in achieving your health goals is our privilege at A Wellness Center & Spa 770-966-8000.