

Can Calcium Make you Lose Weight?

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Calcium is one of the minerals that are needed in our bodies and it is also an essential element to a successful attempt at losing weight. By getting an adequate amount of calcium in the foods that you eat, you can have an 80% better chance for weight loss success.

The lowest average level of calcium for people living in The United States is 255 milligrams per day. If that is the amount of calcium that you are getting in your daily diet then you are just about 90% more likely to have problems with weight.

Those people who get at least 1,300 milligrams of calcium per day in their diet are almost 80% more likely to have an easier time with weight loss. It seems that there is a definite link between the quantity of calcium that you get regularly and the amount of weight that you will be able to lose.

Calcium is famous for helping to keep your skeletal system in good shape but did you know that this mineral is also vital to the human body for avoiding obesity? By simply getting a healthy dose of calcium in your daily diet, you have a good chance to decrease your chances of being obese by more than 80%.

Calcium is a mineral that is responsible for doing much more than keeping your skeleton strong. Calcium keeps your heart beating steadily, assisting your blood with clotting and regulating your metabolism by taking control of your hormones.

When the human body does not receive the correct amount of calcium, the body ends up releasing more of the hormone known as calcitriol. Calcitriol makes calcium absorb quicker in our intestines which makes your body get the most calcium as possible from the foods that you eat.

If you can't manage to take in enough calcium, your body tends to release more calcitriol and when an abundance of calcitriol has been created, your fat cells make and keep more fat. Therefore, this can lead to you gaining more weight.

If you want to lose weight you should try to cut your daily calorie intake, burn a higher number of calories by getting 20-30 minutes of rigorous exercise, and get 1,200 to 1,600 milligrams of calcium. Skim milk, yogurt and cheese are some good sources of calcium.

The relationship between weight loss and calcium intake is a subject that has been addressed in a variety of formal studies. These days we can see that there is a distinct connection between the quantity of calcium that you take in and how much weight you can lose.

It's a better idea to get your daily amount of calcium from the foods that you eat rather than by taking supplements. On the other hand, if you find that there's no way to get the proper amount of calcium in your diet then it might be a good idea to take some form of calcium supplement in order to be sure that you will be receiving at least 1,200 milligrams per day.

Even though it does appear that getting a greater amount of calcium in the foods that you eat can actually help with weight loss, it is a good idea to check with your physician before you alter your current diet in any way.

Matt Collins writes for Access Weight Loss and also freelances as a weight loss journalist all over the web. Matt has been busy writing articles about his efforts to lose weight over the years.

Weight Loss

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