“It’s Not Aging — It’s Misplaced Calcium.” Transcript

(Transcripts are generated by AI and may contain errors)

<Untitled Chapter 1>

Have you ever felt like your body Have you ever felt like your body [music] is getting heavier, stiffer, [music] is getting heavier, stiffer, slower, even though your lab [music] slower, even though your lab [music] results look normal? What if the real results look normal?

Susanu2019s Story

What if the real reason isn't age or stress, but calcium reason isn't age or stress, but calcium slowly drifting into [music] the wrong slowly drifting into [music] the wrong places inside your body? Today, I want places inside your body? Today, I want to share Susan's story. a story that to share Susan's story. a story that shows how silent inflammation and shows how silent inflammation and misplaced calcium can quietly [music] misplaced calcium can quietly [music] reshape your tissues and how that story reshape your tissues and how that story can change.

can change. Susan was 62. She lived with multiple Susan was 62. She lived with multiple [music] sclerosis and for years felt her [music] sclerosis and for years felt her body becoming heavier, stiffer, and body becoming heavier, stiffer, and slower. She tried many treatments. Some slower. She tried many treatments. Some helped a little helped a little but deep down she stopped expecting real but deep down she stopped expecting real [music] change. Then one day her body [music] change. Then one day her body story began to shift. As we follow her story began to shift. As we follow her journey I will highlight three key journey I will highlight three key turning [music] points each revealing turning [music] points each revealing how inflammation and calcium communicate how inflammation and calcium communicate inside your tissues and how that inside your tissues and how that conversation can be rewritten. Point conversation can be rewritten.

Silent Inflammation Teaches Tissues to Hold Calcium

Point one, silent inflammation teaches tissues one, silent inflammation teaches tissues to hold calcium. to hold calcium. For Susan, stiffness began quietly. Her For Susan, stiffness began quietly. Her mornings became slower. Her legs felt as mornings became slower. Her legs felt as if they belong to someone older.

if they belong to someone older. Blood work came back normal. Doctors Blood work came back normal. Doctors reassured her it's just age and MS reassured her it's just age and MS fatigue, but she could feel something fatigue, but she could feel something deeper. [music] acquired heaviness deeper. [music] acquired heaviness spreading through her muscles and spreading through her muscles and joints. When most people hear joints. When most people hear inflammation, they picture redness or inflammation, they picture redness or swelling. But inside Susan's body, there swelling. But inside Susan's body, there was a quieter kind, a kind that doesn't was a quieter kind, a kind that doesn't shout. For years, her immune cells shout. For years, her immune cells whispered danger signals day after day whispered danger signals day after day without a major flare. Those signals without a major flare. Those signals told her [music] tissues to behave told her [music] tissues to behave differently, to hold on to [music] differently, to hold on to [music] calcium instead of letting it flow. Bed calcium instead of letting it flow. Bed by bit, calcium began to settle into by bit, calcium began to settle into soft tissues, changing their flexibility soft tissues, changing their flexibility and their energy. Proteins that once and their energy. Proteins that once kept calcium moving freely, [music] grew kept calcium moving freely, [music] grew tired, and her fascia and vessels began tired, and her fascia and vessels began to stiffen, not enough to show up on a to stiffen, not enough to show up on a skin, but enough for her to feel it. She skin, but enough for her to feel it. She woke up sore. Her walks became shorter.

woke up sore. Her walks became shorter. She said, "It feels [music] like my body She said, "It feels [music] like my body is turning to stone." Silent is turning to stone." Silent inflammation isn't just a lab number.

inflammation isn't just a lab number.

The Calcium Inflammation Loop and How It Can be Changed

It's a teacher showing your tissues It's a teacher showing your tissues where [music] to welcome calcium and how where [music] to welcome calcium and how to become stiff. Point two, the calcium to become stiff. Point two, the calcium inflammation loop and how it can be inflammation loop and how it can be changed. Months later, Susan noticed her changed. Months later, Susan noticed her blood pressure creeping up. Her hands blood pressure creeping up. Her hands felt cold. Her legs felt tired after felt cold. Her legs felt tired after just a few steps. She told her doctor, just a few steps. She told her doctor, "I feel like my blood isn't flowing.

"I feel like my blood isn't flowing. Inside her blood vessels, tiny calcium Inside her blood vessels, tiny calcium containing particles were interacting containing particles were interacting with her immune system and together they with her immune system and together they formed a loop. When calcium rich formed a loop. When calcium rich vesicles settled in her vessel walls, vesicles settled in her vessel walls, macrofasages rushed into clean them up.

macrofasages rushed into clean them up. However, under constant stress, those However, under constant stress, those same macrofasages became irritated.

same macrofasages became irritated. They released more inflammatory signals They released more inflammatory signals which pulled even more [music] calcium which pulled even more [music] calcium into the tissue. Her vessels began into the tissue. Her vessels began losing their balance. Smooth muscle losing their balance. Smooth muscle cells started behaving more like bone cells started behaving more like bone builders than blood movers. Elastic builders than blood movers. Elastic walls became brittle. Circulation slowed walls became brittle. Circulation slowed and Susan felt it every day as cold and Susan felt it every day as cold limbs, foggy thinking and heavy fatigue.

limbs, foggy thinking and heavy fatigue. Scientists described two main patterns Scientists described two main patterns of arterial calcification. [music] of arterial calcification. [music] one more inflammatory, one more one more inflammatory, one more metabolic. But both are dynamic. Every metabolic. But both are dynamic. Every day cells decide how much calcium should day cells decide how much calcium should I keep, how much should I release, and I keep, how much should I release, and that is the hopeful part. Even in that is the hopeful part. Even in Susan's body, this wasn't a static Susan's body, this wasn't a static process. It [music] could still listen process. It [music] could still listen and respond. When we changed her and respond. When we changed her internal [music] environment, diet, internal [music] environment, diet, magnesium, vitamin K, boflow, [music] magnesium, vitamin K, boflow, [music] the lube began to soften. Her body was the lube began to soften. Her body was still listening.

still listening. Inflammation and calcification feed each Inflammation and calcification feed each other, but the loop is alive. other, but the loop is alive.

Change the internal environment and the Change the internal environment and the loop response. loop response.

Guiding Calcium Back to Better Places

Point three, guiding calcium back to Point three, guiding calcium back to better places. By this time, Susan had better places. By this time, Susan had lived with multiple sclerosis for more lived with multiple sclerosis for more than a decade. Her stiffness had become than a decade. Her stiffness had become constant. She used a walker to move from constant. She used a walker to move from room [music] to room. Even with room [music] to room. Even with acupuncture therapy and supplements, she acupuncture therapy and supplements, she said, "My body feels trapped inside said, "My body feels trapped inside itself." Then her acupuncturist itself.

Anti-Orbital Ionic Calcium Therapy

" Then her acupuncturist introduced [music] a new idea, a mineral introduced [music] a new idea, a mineral centered approach using anti-orbital centered approach using anti-orbital ionic calcium AIC therapy together with

ionic calcium AIC therapy together with [music] vitamin K, magnesium, and gentle [music] vitamin K, magnesium, and gentle support for bile and kidney [music] support for bile and kidney [music] clearance.

clearance. clearance.

Susanu2019s Change

At first, nothing seemed different, but At first, nothing seemed different, but after several weeks, Susan noticed small after several weeks, Susan noticed small shifts. She woke up refreshed for the shifts. She woke up refreshed for the first time in years. [music] Her legs first time in years. [music] Her legs felt lighter. She began walking short felt lighter. She began walking short distances without her walker. A month distances without her walker. A month later, her son visited and said, "Mom, later, her son visited and said, "Mom, how is this even possible? From a how is this even possible? From a physiological perspective, [music] physiological perspective, [music] this made sense. by calming silent this made sense. by calming silent inflammation, restoring [music] vitamin inflammation, restoring [music] vitamin K dependent proteins, protecting K dependent proteins, protecting magnesium and improving calcium magnesium and improving calcium signaling with AIC to her body finally signaling with AIC to her body finally started to redirect calcium [music] started to redirect calcium [music] out of stiffness toward mobility. AIC out of stiffness toward mobility. AIC isn't about [music] adding more calcium.

isn't about [music] adding more calcium. It's about rebalancing movement, helping It's about rebalancing movement, helping your body use its own calcetonine your body use its own calcetonine [music] [music] [music] and mineral regulators to shift calcium and mineral regulators to shift calcium away from hardened tissues and back into away from hardened tissues and back into dynamic flow. Susan's progress wasn't dynamic flow. Susan's progress wasn't magic. It was signaling. Her tissues magic. It was signaling. Her tissues began listening again. Her energy began listening again. Her energy returned. Her body once heavy and rigid returned. Her body once heavy and rigid rediscovered movement. When we treat rediscovered movement. When we treat inflammation and calcium handling inflammation and calcium handling together, not separately, real people together, not separately, real people [music] feel real changes in energy, [music] feel real changes in energy, movement, and daily life. If you have movement, and daily life.

If you have been told u201cNothing Can Change,u201d Remember This

If you have been told [music] nothing can change, been told [music] nothing can change, remember this. Your calcium story is not remember this. Your calcium story is not written in stone.

written in stone. With the right guidance, it can be With the right guidance, it can be edited and [music] your body can move in edited and [music] your body can move in a kinder direction. Your tissues can a kinder direction. Your tissues can soften. Your energy can return. You can soften. Your energy can return. You can feel lighter, freer, and more alive. If feel lighter, freer, and more alive. If Susan's story inspired you, subscribe, Susan's story inspired you, subscribe, share, and help someone else who feels share, and help someone else who feels stiff and tired to discover that their stiff and tired to discover that their