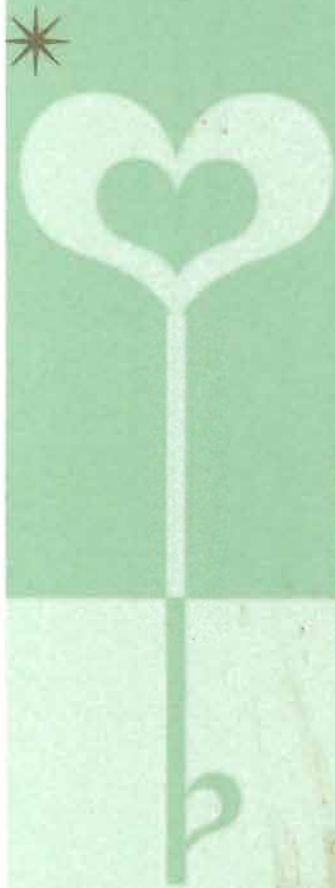


DR. A.F. BEDDOE, DDS

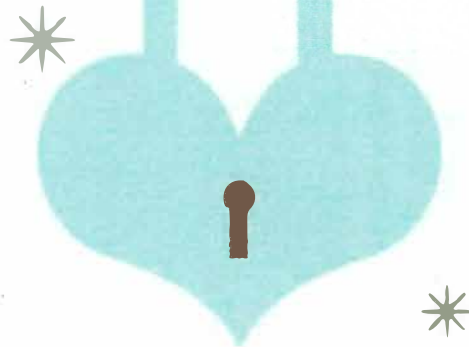


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## THE CALCIUM KIT

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# *THE CALCIUM KIT*

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*Making the nutritional key work for you*

—a simple and personal “do-it-yourself” home method for determining and regulating your calcium and other mineral needs through pH testing of Urine and Saliva.

*Written by  
Alexander F. Beddoe, D.D.S.*

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Jeanne Kight Beddoe, R.N.*

*Cover Design by  
Annie Minor*

*a Vital-to-Life Book*

**Dedicated to:  
The unlimited power of God  
through  
Love and Light**

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## About This Kit

The question has been asked of me, “Does *The Calcium Kit* replace the full urine and saliva test as you have taught and used?” My answer is—No! The information contained in *The Calcium Kit* was adapted from the more comprehensive program of urine and saliva testing that I originally learned from my ten year study and work with Dr. Carey Reams. The book *Biologic Ionization as Applied to Human Nutrition, Principles and Techniques*, that I wrote, contains a full text of basic information that I gathered while working with Dr. Reams.

However, I knew that more people needed access to “do-it-yourself” information that they could use to reverse their own degenerative disease patterns—all directly tied to calcium deficiency—because as calcium goes so goes the health of the physical body. They needed information to help them sort through the calcium confusion that has correspondingly developed in the “healthfood world.” There has been a rampant worsening of calcium deficiency in our foods. Yet, at the same time, medical research tells us today how calcium is far more important than was ever believed. In order to reduce this widening gap, between the recognized need for abundant calcium in nutrition and the calcium deficiency of our food, *The Calcium Kit* was developed. Therefore, it is my hope that, as this information is accessed, more and more individuals will gain a new level of well-being and appreciation for calcium in their daily lives. Thus, the many not the few will be reached and touched with life-giving mineral energy.

**\* PLEASE NOTE: This is an updated Second edition. As with any work, to improve the delivery of information often requires changes. For the reader who has the original edition, you will note changes and additions in the text and charts as well as additional charts. It is my intention that these changes and additions will enhance your knowledge and expand your view ever further of Biological Ionization.**

—A.F. Beddoe, D.D.S.

## WHY THIS KIT

Calcium is required by weight and volume more than any other mineral in the human body. Now, not a day does not go by when our attention is not directed to either the value of calcium or to a source of calcium in the media. Yet the need and importance for calcium is not new. Over one hundred years ago it was discovered that the calcium, in human blood serum, played a significant role in maintaining the contractility of heart muscle. This finding was the important beginning from which most research, on biological effects of calcium, originated. By the time the year 1950 rolled around, there were about fifty publications per year, in medical literature, having to do with the biological effects of calcium. In 1990, the number of articles being published, about the biological importance of calcium in the human body, numbered over 7000 per year. As of 2000, one database dedicated to compiling calcium research contained over 61,700 articles in their archives and were adding over 1100 every three months.

Because of vastly increased research it is now a well known medical fact that most “adults are losing up to 1.5% of their total bone mass a year.” This is a loss of mineral reserve energy (something

like a savings account), as the body tries to keep its mineral needs supplied, from day to day. This loss, if it progresses for

In the light of present knowledge, it can be seen that disease starts primarily at the atomic level when the proper release and utilization of energy are interfered with and proper control of biological activities is disturbed by malpositioned molecules.—Walker, R., “Energy, Matter and Life,” Basal Facts, Vol. 4, No. 3

a long enough time, will be seen in symptoms related to thin, porous, and brittle bones, loss of physical height with aging and

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