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Tums, Tums, Tums, Tums

Remember that old jingle and the claims that Tums "contains the calcium my body needs". This is actually a dangerous marketing lie!

1. Tums contains calcium carbonate (plaster!!!) Which is insoluble in the body -- in other words it won't get absorbed.
2. Tums decreases stomach acid. Calcium in any form has to be "acidified" -- needs stomach acid in order to be absorbed.
3. Tums contains aluminum which is a heavy metal toxin and binds with phosphorus in the body. Phosphorus depletion causes calcium loss. -- where do you think the calcium comes from? The bones of course.

The use of stomach antacids leads to osteoporosis!!! Just thought you would like to know