

# GLOSSARY OF TERMS

- **Acidosis**

A disturbance of the body acid-base balance in which there is excessive acidity of the blood.

- **Alkalizing**

The process of changing pH (potential for Hydrogen) to a less acidic or more alkaline state.

- **Alkalosis**

A condition of excess base (alkali) in the body fluids. This is the opposite of excess acid (acidosis), and can be caused by many different conditions.

- **Arthritis**

A disease that involves inflammation (pain, swelling, stiffness, tenderness, and redness) of one or more joints. ("Arthr" refers to joints, and "itis" to inflammation). There are more than 100 different types of arthritis. The most common type is osteoarthritis followed by rheumatoid arthritis. You may have arthritis if you have stiffness in the morning that last 30 minutes or longer, persistent joint pain or tenderness, redness or warmth in a joint, weight loss, fever, or weakness.

- **Bioavailability**

The extent to which a metabolite or drug can be utilized by its site of action. Some forms of calcium have higher bioavailability than others.

- **Bone Density**

Concentration of bone mass made up primarily of calcium and other minerals. Measurable radio graphically.

- **Bone Loss**

A progressive demineralization of bones also called osteoporosis.

- **Bone Spur**

An often painful calcium deposit found on the bone. Most commonly it is found on the heel, but can be found on any bone including neck, spine, arms and legs.

- **Calcium**

The most plentiful mineral found in the human body; calcium accounts for 1.6 to 2% of an adult's total body weight. The teeth and the bones contain the majority of the body's calcium (about 99%). Body tissues, blood, and other body fluids contain the remaining calcium (1%).

- **Calcium Deposit**

Calcification of a small area of soft tissue or bone. This deposit is usually soft to begin with but may harden with time.

- **Calcareous**

Having the qualities of or containing calcium carbonate. In the case of Coral Calcium, having a special digested form of calcium carbonate that is highly bio-available. See Cancer Study for varying results.

- **Chelation**

Process of binding a metal to another substance. Of ten done with calcium to enhance

**absorption. Although chelation helps, it is not as bioavailable as the natural organic form in which calcium is found in coral.**

- **Coral**

**The hard, calcareous, white, red or black, skeleton of any or a variety of marine invertebrate animals. Collectively they form reefs. In the case of Coral Calcium from Okinawa, it is all the Sango variety.**

- **Coral Calcium**

**This sometimes confusing term refers to ground up Coral, whose main constituent is Calcium (usually 1/3) and the balance includes about 70 minerals.**

- **Element**

**The simplest kind of homologous substance that cannot be decomposed by chemical means.**

- **Heel Spur (Plantar Fasciitis)**

**Inflammation of the thick tissue on the bottom of the foot that causes pain and disability; sometimes called a heel spur.**

- **Ion**

**A positively or negatively charge particle. Ions with a positive charge are called cations. Ions with a negative charge are called anions.**

- **Minerals**

**Naturally occurring inorganic substances of non-biologic origin. Minerals can be found in organic or biologic hosts such as in Coral Calcium.**

- **Mineral Wheel**

**A circular representation originally developed by scientists, Ashmead, Graff and Ashmead in 1985 explaining the chemical interrelationships between minerals in the human body.**

- **Osteoarthritis**

**A chronic disease causing deterioration of the joint cartilage and the formation of new bone (bone spurs) at the margins of the joints. Osteoarthritis occurs when the cartilage that coats and protects the ends of your joints wears away because of extensive use or injury.**

- **Osteoporosis**

**A condition characterized by the progressive loss of bone density and thinning of bone tissue.**

- **PPM**

**Parts per million; a unit of measurement that indicated the concentration of one substance relative to another.**

- **Sango Coral**

**Local name for Coral types found in Okinawan reefs.**

- **Toxic Essential Minerals**

**Minerals that are essential for human life, yet become toxic when found in excessive amounts in the body (i.e., antimony, arsenic, cadmium, copper, lead, lithium, manganese, molybdenum, nickel, selenium, vanadium, and zinc).**

- **Trace Minerals**

**A mineral or element that is present in minute but detectable quantities; usually less than .01% of the body.**

- **Vitamins**

**A group of substances essential for normal metabolism; growth and development; and regulation of cell function. Vitamins work together with enzymes, co-factors (substances that assist enzymes), and other substances**

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