



CALCIUM & VITAMIN D

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Abstract:

Calcium and vitamin D are essential to building strong, dense bones when you're young and to keeping them strong and healthy as you age. The information included here will help you learn all about calcium and vitamin D – the two most important nutrients for bone health.

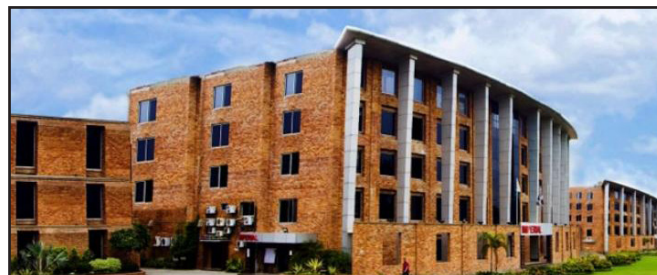
What is Calcium and What Does it Do?

Calcium is a mineral that is necessary for life. In addition to building bones and keeping them healthy, calcium enables our blood to clot, our muscles to contract, and our heart to beat. About 99% of the calcium in our bodies is in our bones and teeth.

Every day, we lose calcium through our skin, nails, hair, sweat, urine and feces. Our bodies cannot produce its own calcium. That's why it's important to get enough calcium from the food we eat. When we don't get the calcium our body needs, it is taken from our bones. This is fine once in a while, but if it happens too often, bones get weak and easier to break.

Biography:

Sumbal Arif known as an experienced NUTRITIONIST & DIETITIAN with a demonstrated History of working in the Hospital & Health Care Industry, Food Industry



Skilled in Pediatrics, Diabetes, Emergency Nutrition, CCU, and Strong Healthcare Services Professional with a Bachelor of Nutrition & Dietetics. Sumbal is a committed & enthusiastic dietitian by profession having three years of experience, she has also had rigorous training in Services Hospital Lahore. Her approach is flexible and empathetic, she is a member of P.S.F.S.T(Pakistan Society of Food Scientists & Technologists) and PNDS(Pakistan Nutrition & Dietitian Society), Joint Secretary of an NGO (Pascal Medical Mission Organization) and is also working with a Multi-national nutraceutical brand as Health and wellness coach, lecturer at SNAP(School Nutrition & Awareness program). She is also providing online services via social media platforms having more than 50 thousand followers overall. Her expedition is to help people live well, healthy and happy life.

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