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Sunday, August 04, 2013

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Taurine - The missing piece of the Jigsaw



By [MartinUKSanderson](#) Saturday, July 24, 2010

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Benefits of Taurine on Rheumatoid Arthritis with Hindsight.

Taurine

<http://www.whfoods.com/genpage.php?tname=fightdz&dbid=2>

Independent body.

<http://www.wiley.com/college/boyer/0470003790/animations/cholesterol/cholesterol.swf>

Helpful application explaining cholesterol.

Taurine, supposed to be the most abundant free amino acid in skeletal muscle in the body is required for so many things, I do not want to take the time to accurately relate them all. Instead, search for taurine with:

1. Cholesterol
2. Vitamin D
3. Calcium and Magnesium
4. Bile Salts - Liver

My take on it concerning what it has done for me, and bearing in mind all the symptoms are worse in summer, with high vitamin D in the skin:

1. Involved with the transport of ions such as magnesium and calcium through cell membranes.

Especially in summer, higher levels of vitamin D increase calcium absorption which wins over competitive magnesium absorption and increase magnesium loss through skin. Assuming a deficiency in taurine, taking extra magnesium supplements is more likely to utilise the taurine available. This, together with avoiding the any calcium in my diet, reduced the calcium deposits in my joints and more efficiently utilise calcium transport. This brought down my C-reactive protein and RH factor to below the levels linked with heart attack and controlled the RA. However this was a fine balance of control and actively avoiding calcium can't be good. Downside was, reversing excess calcium to excess magnesium causing the big spots under my arms which I had assumed was calcium transported to the skin. With taurine, I am now actively taking 1500mg calcium a day and drinking milk and our high calcium tap water with no ill effects.

1. Aids absorption of Vitamin D

This is in the gut, but would suggest it takes a role in the transport of vitamin D and helps it away from the skin, instead of leaching out my excess magnesium in the form of the itchy spots. Also, transporting it for its involvement with the synthesis of bile salts in the liver.

1. Used in the synthesis of bile salts in the liver, reducing cholesterol and increasing HDL. Bought a cholesterol meter the day I started taking taurine and after only four days increased my HDL from 0.83 (Poor) to 1.00 and reduced my total cholesterol from 6.46 to 5.98. Other heart related factors - my pulse stays lower during exercise and my blood pressure went from high normal to ideal.
2. Weight control: Taurine and Bile Salts are needed to regulate blood sugar and fat stores. Beneficial on the control of diabetes, which I get mild symptoms if I didn't get magnesium and calcium right. Also, Phillip, Grandma and probably Uncle George. My weight is now steadily decreasing with diet and exercise, whereas before it was hard work and depressing.

3. My eyesight is recovering.
4. Apparently, blood vessels diameter increases to that of non-smokers in 5 days. Probably why my pressure dropped to ideal.

ZMA

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By [MartinUKSanderson](#)— Last Modified: 10/26/11, First Published: 07/24/10

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