

MINERALS: Absolutely Essential to Life

While minerals comprise about 6% of our total body weight, their absence or imbalance can mean the difference between health and illness. Minerals support the health of every organ and body function including the heart, brain, skin, bones, immune system and nervous system.

Dr. Joel Wallach states that “The basic functions of life itself cannot be performed without minerals, either as a major part of the function or as a catalytic cofactor. No biological process is exempt. The concept holds true for RNA, DNA, subcellular and digestive enzymes, bio-chemical reactions, hormone function, energy use and to utilize oxygen and vitamins. Nothing in a living system works without one or more mineral co-factors.”

While the body can function for a while with a vitamin deficiency, we cannot survive without minerals. Minerals can be considered the “SPARK PLUGS OF LIFE”. Minerals are the basic constituents of all matter. **According to Dr. Linus Pauling winner of two Nobel Prizes, “You can trace every sickness, every disease, and every ailment to a mineral deficiency”.** Although minerals make up a very small portion of our total body weight, their influence on our physiology is profound.

There are many different mineral supplements available but they don't all work the same. When you consume a mineral tablet you are taking in metallic minerals or inorganic minerals. You only absorb 8 to 12% of these metallic minerals. Even the 8 to 12% available to you, must be broken down into an assimilable form which only occurs if digestion is optimal. Taking chelated minerals can get the absorption rate up to about 40 to 50% maximum since they are easier to metabolize. However, taking supplements chelated or not, the metallic minerals you are getting, originate from calcium carbonate, oyster shell, limestone or clay. **Too much of some of these elements can have toxic side effects. People just can't fully assimilate an excess over load of them.** If calcium supplements were easily utilized in the body, osteoporosis would disappear. However, osteoporosis is still on the rise today. WHY? The calcium isn't available in the **right form** for the body to easily assimilate. Calcium (citrate/phosphate) is the best form.

How much real benefit is derived from inorganic calcium? Not much! **100% plant source liquid colloidal minerals are the answer.** These minerals do not come from rocks, soil or shells and are not metallic. They come from ancient vegetation (Humic Shale) formed thousands of years ago in Utah. Back then the earth was pollution free, the oxygen content of the air was much higher, and the soil was nutrient rich. You absorb 98% of them; they are organic, non toxic, negatively charged and are mined from ancient organic plant deposits in Emery Country, Utah.

100% plant source, liquid colloidal minerals make you feel great! Most people, even those who think they are healthy, soon find improvement in energy, mental clarity, aches and pains and general well being.



Let's Talk Minerals...